

If you have any further questions, please feel free to ask the radiographer during your treatment or the nursing staff.

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Extracorporeal shockwave lithotripsy (ESWL)

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Na żądanie ta ulotka może zostać udostępniona
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What is Lithotripsy or ESWL?

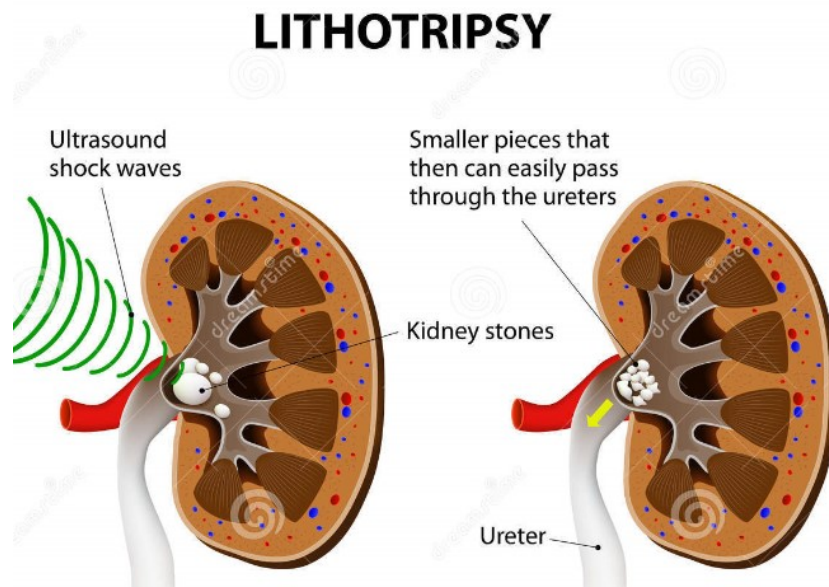
Lithotripsy is the breaking down of kidney stones by pressure waves.

The shock-waves produced by the machine are carefully focused onto the stone with the use of Ultrasound or X-Rays.

The waves travel through body tissues without causing permanent damage and break up the stone to sand-like gravel or small pieces.

This material will then pass out in the urine over a period of time, usually with very little pain.

Many patients have undergone this type of treatment.



- This is quite normal and is nothing to be concerned about. The absence of such signs does not mean the treatment has been unsuccessful. However, if heavy bleeding persists please seek medical advice.
- Sometimes it is possible to pass fragments of stone without your noticing.
- Please remember to drink plenty of fluids. We recommend approximately 5-6 pints per day unless you have been advised not to as this will start the process of the stones being “flushed” out of your system. Gentle exercise such as bending, light lifting, stretching and swimming will aid the passage of stone. Please do not do these exercises if you have already been told not to.
- You will be able to return to work the day following your treatment.
- If you experience some discomfort or mild pain, take your own normal pain killers. However, if you have severe pain or pain which continues for a long time, attend your local Accident and Emergency Department.
- **If you experience any fever, shivering or feel unwell, please seek medical advice. If symptoms are severe go to your local Accident and Emergency Department. Urine infections following this treatment can prove serious.**
- Most kidney stones require more than one treatment.

At this point it is important to keep quite still.

Focusing on the area to be treated will be done using either an ultrasound or x-ray machine.

Each pressure wave is accompanied by a 'clicking' sound and you will feel a sensation often described as being flicked on the skin with an elastic band.

Treatment usually lasts between 25-40 minutes depending on the location of your stone.

Normally, no further pain relief is required.

Most patients describe the treatment as being uncomfortable but bearable.

Our radiographers are always happy to explain the treatment in greater detail and will be pleased to answer any questions you have.

After your treatment, you will be asked to get dressed and to take a seat in the waiting area.

You will be asked to pass urine before discharge.

The nursing staff will inform you of a safe time for you to be discharged and give you details of your follow up appointment.

What to expect after treatment

- You may experience slight reddening, bruising of the skin or both over the treatment area. You may find you pass some blood stained urine following the treatment and into the next day.

Coming into Ward 4A – Lithotripsy Clinic

Please take any medication as normal unless asked otherwise.

HOWEVER if you are taking any sort of anti-coagulant (blood thinning) therapy a plan should have been made with you to stop this in advance.

Routinely we advise the information below, however this should have been confirmed by the medical team with you.

- Warfarin must be stopped for 4 DAYS before your appointment
- Clopidogrel must be stopped for 7 DAYS before your appointment
- Apixaban, Rivaroxaban and Dabigatran must be stopped for 48 HOURS before your appointment.
- Aspirin should be stopped 7 DAYS before your appointment.
- This medication can be resumed 24 hours following your treatment, unless advised otherwise by your prescribing doctor.

- If you need to take pain relief tablets during the week before your lithotripsy, use a non-aspirin medicine such as paracetamol.
- **Anadin and Alka-seltzer tablets contain aspirin so please do not take these in the week before your procedure.**
- If you have a pacemaker, weigh over 21 stone/135kg or think you maybe pregnant or have a urine infection, please contact the hospital before your treatment day.
- It is usual practice to give pain relief medication before your treatment and this can sometimes be morphine based. It is therefore recommended that you do not drive and arrange for a responsible person to take you home following your treatment.
- Do not bring valuables with you.
- Please follow the diet instructions for three days before your appointment.

Diet

You should exclude foods which you know to cause a build up of bowel gas. This is because it may prevent the stone being seen on x-ray or ultra sound, therefore making the treatment more difficult. You can have a light meal on the morning of your treatment but you should drink only clear fluid in **the two to four hours** before the treatment. If you are diabetic, continue with your normal routine.

What do I need to bring?

- A list of your current medication.
- Any routine medication you may need to take during your visit.
- You may bring a dressing gown and slippers but this is not necessary.

What will happen

You need to have an X-ray to make sure your stone has not moved unless told otherwise. On arrival for your appointment you will be asked to produce a sample of urine to check for infection. A simple verbal health check list will be completed and your blood pressure and pulse will be taken and recorded. You will be given appropriate medication before your procedure.

The procedure will be explained to you and you will be asked to sign a consent form. This means you will be asked to confirm that you agree to the procedure and any questions you may have can be discussed at the time.

You will be provided with a gown to wear during the treatment.

When it is your turn for treatment, you will go into the treatment room, and meet the Senior Radiographer who will position you lying down on your back on a treatment table.

Gel will be applied to your skin and care will be taken to ensure you are comfortable.