

Edith Cavell Hospital Department of Urology



Extracorporeal Shock Wave Lithotripsy (ESWL, or "lithotripsy")

Our aim is to make your stay at the hospital as comfortable as possible. This leaflet has been designed to give you some advice and information about what to expect during and following Extracorporeal Shock Wave Lithotripsy.

What is Extracorporeal Shock Wave Lithotripsy?

This is a procedure used to break kidney stones into small particles, which you will then pass in your urine.

Diet

You are advised to follow the diet advice sheet enclosed for 3 days prior to procedure, to ensure your bowel is empty, which will enable a clearer picture of your kidney stone.

Treatment

You will be asked to arrive on the day unit 2 hours prior to the procedure. You may need to have an x-ray to identify the position of the stone. A pain killing injection and pain suppository will be available for you if required.

The treatment will last from 20-45 minutes, and is carried out using ultrasound and x-rays. The technicians will position you on a table that will be lightly covered in gel, and position the machine to ensure the shock waves are focused on the stone, enabling the stone to shatter.

The shock waves, which break up the kidney stones travel through the body tissues without damaging them. Through the procedure you may experience a sensation to your skin which has been described as an elastic band flicking on the skin, and you will hear a continual knocking noise.

Should you experience any pain, please inform the nurse or technicians as more pain killers can be administered.

Following the Treatment

It is preferred that you remain on the ward for 3 hours following the treatment, to ensure the pain killers have worn off, and that you are pain free prior to discharge. It is advised that you drink 4-6 pints of water daily until you return for your out patient appointment, this will encourage small pieces of grit to be flushed out.

Do not be alarmed if you notice blood in your urine in the first 24 hours following lithotripsy, this is not uncommon and will clear quickly.

Some patients experience pain after lithotripsy, which is due to small pieces of grit passing down the ureter (small tube from the kidney to the bladder). This is not usually severe and you will be given oral pain killing tablets on discharge, along with a course of antibiotics.

If you have any problems following lithotripsy, please contact the Ward. You will receive an appointment to see the consultant in 4-6 weeks.

We advise that you do not drive yourself home following the procedure

Any questions?

This leaflet has been written by the nursing and medical staff who work in the Urology Unit.

If you have any questions, jot them down here and ask the nursing or medical staff for answers.

Urology Department , Ward 11 - Telephone (01733) 875311

Please do not hesitate to ask the nursing staff

If you have any further questions

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