



## **PATIENT INFORMATION**

### External. Shock. Wave. Lithotripsy (ESWL)

Lithotripsy is a low risk non -invasive treatment for stones in your kidney and ureter. Imaging is used to identify the stones position and shock waves are directed at them. This treatment is not effective for all stones, depends on their composition.

#### **Procedure:**

You will lie on a couch and the equipment will positioned over you to treat the stones. Each treatment session lasts about 20 minutes, the technicians will be with you throughout. The idea of using the shockwaves is to break the stones up allowing you to pass them normally when you pass urine. There may be some discomfort; you will be offered painkillers before the treatment and medications to take away with you

#### **Main Risks/after effects:**

Urinary tract infections, blood in your urine, pain in your kidney as the fragments pass, bruising on your skin at treatment site. Fragments obstructing the ureter, tube between kidney and bladder. Need for further treatment with lithotripsy. Failure to break up the stones, which may need an alternative treatment.

#### **Pre assessment:**

You will have a phone call two weeks before your first procedure to check your medications and past history. It will be your chance to ask questions also. It is important to tell us if you have asthma, pacemaker, high blood pressure, risk of being pregnant, taking medicine's to thin your blood.

#### **On the day of treatment:**

You will receive an appointment to attend Day Surgery. You may eat and drink on the day. You may take your normal medications unless you have been advised to stop when the phone pre assessment has happened. You may wear your own clothes throughout. Your paperwork and consent will be checked, blood pressure checked and a urine specimen tested. Before your procedure, we will offer painkillers. After your treatment session, we ask that you pass urine, to ensure there is not too much blood in your urine, then you may go home.

**After the treatment:**

We ask you to increase your oral fluids for two-three weeks after, you will be given an information leaflet on the day, to help fragments pass and break up the stones. There may be blood in your urine for a few days. You may restart your higher dose aspirin/blood thinning drugs when you urine is clear. It is important to take painkillers if you have pain. If you have a high temperature, severe pain that is not helped by pain killers, attend the Accident & Emergency dept.

Contact Urology Nurse, Doretta Boone, on a Weds/Thurs 01803 655009, if you have any questions.