



## ***PATIENT INFORMATION***

### **Lithotripsy Information for Patients, On the Day of the Treatment**

#### **What will happen on the day?**

On arrival in the day unit, the nursing staff will prepare you for the treatment. This involves checking your paperwork, also your blood pressure and a urine dip test to exclude infection. You will be asked to sign a consent form for your course of treatments; this is also an opportunity for you to ask any questions. At this time you will also be offered painkillers.

It is important to inform the staff if you may be pregnant; taking any medicines to thin your blood; have a pacemaker insitu, or have any problems with high blood pressure as these may be a contra indication to this type of treatment. If you do not feel well on the day you attend, also let the staff know. Your treatment may not go ahead if you have a high blood pressure reading on the day.

At any point during your time on the unit, please feel free to ask the staff questions. Throughout your time on the unit, please feel free to drink, there is a water dispenser in the waiting area and you are able to eat.

#### **What will happen during the treatment?**

You will be called through to the treatment room, where the equipment is set up, there will be two technicians with you throughout the treatment, who will explain the process and be there to ensure your comfort during this. You will normally be asked to lie on your stomach for the treatment, purely to aid treatment as the kidneys are situated towards the back. However, if you have stones in either of your ureters (the tubes from the kidney to the bladder) it may be easier to access them if you are lying on your back. Once you are comfortable on the treatment table, we will ask you not to move and to keep your breathing as shallow as possible. This is important because we will locate the stone using the X-ray or ultrasound machine. When that is done, we will line up the Lithotripter (machine that delivers the shock waves) to your back/front. The X-ray machine is linked up via sensors to the Lithotripter so we have a precise image of your stone, as well as treat it effectively and accurately. Movement will hinder the effectiveness of the shockwaves.

Before we put the Lithotripter treatment head (cushion with water inside) to your back/front, we will put some ultrasound gel on the area where it will go. The purpose of this is to create a good seal between your skin and the cushion. The gel is water based and will wash off.

When we are happy the stone is within the target area (seen on a screen) we will start the treatment; it usually lasts about 20 minutes. You will hear a 'clicking' noise and feel something like a 'flicking' on your back/front. Some people have likened it to a small electric shock. During the treatment time, we will slowly increase the intensity/power. It is important we get a good level of power to weaken/break the stone. It may feel uncomfortable, but should be bearable, if it becomes too painful, just let the technicians know and they can adjust the levels.

During the treatment we will monitor the stone, to make sure it hasn't moved. We may also need to move the table slightly during the treatment, to ensure accurate treatment.

Sometimes a stone will change shape/start to fragment during the treatment; we may be able to see this on our imaging machine. Other times the 'breaking-down' process takes a little longer. Some stones are very hard and need more than one treatment. After your treatment session you will be taken back to the waiting area, once there you will be offered refreshment. Once you have passed urine you will be able to be discharged.

**It is extremely important that you drink 2-3 litres of fluid each day after your treatment for at least 7 days. The increased fluids will 'flush out' the kidneys and aid in the 'breaking up' of the stones. If you do not drink after the treatment, it WILL NOT WORK!**

**Stay as active as you can after the treatment, as walking/swimming aids the process.**

**After the treatment** - you may see some blood in the urine, this is normal- maintain good oral fluids. There may be a bruise over the treatment area, this is also normal. You will have been given advice re taking painkillers and given some to take away if appropriate.

- If you feel feverish/unwell, see GP or out of hours team.
- If you have difficulty/inability to pass urine, see GP or out of hours team
- Severe pain around your treated kidney, which doesn't respond to painkillers, it is advised to attend A & E for re assessment.

It is common to require more than one treatment of Lithotripsy. You may restart your higher dose aspirin/blood thinning drugs when your urine is clear.

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