HAVING LITHOTRIPSY TREATMENT

Information for Patient, Family and Carers



مركز الرعاية الطبية اليومية
Ambulatory Care Center

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation

Contact Us

if you have any concern or if you cannot keep your appointment:

Please contact us on

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22-0162

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What I need to watch at home

Passing fragmented stone



- Make sure you drink 2-3 liters of fluid per day, to encourage stone fragments to pass.
- You may get some blood in your urine may last 2 or 3 days.
- You may get small bruising over the treatment area. nothing to worry about.

When I should ask for help?



- If you develop severe pain
- If you develop signs & symptoms of a urine infection as pain when passing urine, high temperature, shivering.
- You should go to the emergency department.

When I should ask for help?



Some patient requires 2- 3 session.So further appointment will be made for you before you go home. Make sure to bring the passed stone with you next time to be sent to the laboratory for stone analysis.

On the day of the procedure

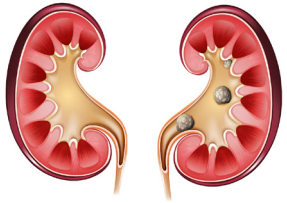
The Procedure will be discussed with you in detail, and you will be asked to sign a consent form. Before the procedure you will be given medication to provide pain relief during the treatment, the nurse will administer the medication after checking whether you have any allergies.

Each session of treatment usually takes between 30-45 minutes to complete, but you should expect to be in the department for a minimum of 2hours

- After putting gown, vital signs will be checked, and a cannula will be inserted for Intravenous medications.
- you will be taken by stretcher to the treatment room and you will be asked to lie on your back on the treatment table.
- The technologist will check the position of your stone using an x-ray
- The nurse will apply a warm gel on your skin at the site of your stone
- You will start to hear a loud clicking sound as the shock waves start through your body directed to the stone. it is described as Like being flicked with an elastic band.
- The Nurse will check your vital signs continuously and check your comfortable during the procedure.
- If you feel severe pain, tell the nurse, they can stop the treatment for a short while or reduce the power of the shocks.

Having Lithotripsy Treatment

Why Have I been given this leaflet



You have been given this Leaflet because you are due to come for Lithotripsy treatment at the Ambulatory care center hospital. Please read the leaflet before you come. A nurse goes through it with you during your appointment and answers any questions you may still have.

What is Lithotripsy?



Lithotripsy is a procedure in which a special machine (called a lithotripter) uses high - frequency ultrasound shockwaves to break stones inside the urinary system. These shockwaves are focused very accurately onto the stones using x-ray or ultrasound as a guide. The wave passes through the skin and break up the stones into tiny fragments, which will then be expelled by your body.

Why do I need Lithotripsy treatment?

Your doctor has recommended that you have Lithotripsy treatment to break down stones that you have in your kidney or ureter (the tube that connects the kidney to the bladder)

Getting started

What are the risks and benefits of having Lithotripsy treatment?

Advantage:

The main advantage of this treatment is it is non-invasive and is performed in an outpatient setting. As a result, hospital stays, and recovery time are reduced.

Disadvantage:

- Sometimes a repeat procedure (or a different procedure) is needed. in some cases, a doctor may need to place a stent and remove it once the stone fragments have passed
- ESWL has the potential to cause kidney injury.
- Whether or not ESWL causes or leads to the development of high blood pressure and diabetes remains controversial. These possibilities are still being studied.
- Lithotripsy procedures cannot treat large stones or hard stones.
- ESWL may not benefit a person with obesity, as the shock waves may not be able to reach the stones.

Are there any alternatives to this treatment?

An alternative to this procedure includes surgery or having no treatment and waiting to see whether the stones pass on their own. The most suitable option will have been discussed with you at your consultation.

What I need to do before my appointment

Can I eat and drink before the treatment?

You must be fasting at least 6 hours before the procedure. You must take the ordered laxative one day before at 6 pm for abdominal preparation.

Should I take my usual medicines on the day of treatment?

Most medication can be taken as usual however some medications like the one listed below should be informed to us when you receive your appointment.

Anticoagulants

If you take any blood thinners such as warfarin or aspirin medications it should be stopped 7 days before your Lithotripsy appointment.

Do not stop taking your medication until advised to do

Special note for female patients

You may get and still continue your treatment on the third day of your menstruation according to radiation protocol and policy. However, you must tell us if you are pregnant or think you may be pregnant, as this treatment will not be suitable for you due to radiation exposure during the procedure.

What should I do when arrive to the hospital?



Please go to the Radiation Department to check in. Then please visit the Cashier for payment and registration. After completing these steps, please come to the Lithotripsy Unit located on Level 7.

Our Aim

This booklet has been provided to help answer some of the questions you may have about your treatment

- You will receive a call one day before as a reminder for your appointment.
- Make sure you have done all the required blood test and x-rays before your appointment
- You should be able to resume all your usual activities the day after your appointment, except for traveling abroad for the next few weeks.

Notes