

After the procedure

You'll be monitored in a recovery room for about 1–3 hours. Antibiotics and pain medication may be prescribed before you leave.

Passing the fragments

It can take a day to several weeks for the pieces of stone to leave your body. Drink plenty of liquids to help flush your system. During this time:

- 1 Your urine may be cloudy or slightly bloody. You may even see small pieces of stone.
- 1 You may have some pain. Take prescribed pain medication as instructed by your healthcare provider.
- 1 You may be asked to strain your urine to collect some stone particles. These will be studied in the lab.

Report in emergency or ambulance in the case of:

- 1 Fever over 38 degrees Celsius
- 1 Heavy bleeding
- 1 Pain that doesn't go away with medication
- 1 Upset stomach and repeated vomiting
- 1 Impossibility to pass urine

Activities: If you are pain free and there is no blood in the urine, you may resume normal activities and return to work. Avoid heavy lifting for at least 3 days after the procedure.

Follow up

You'll have a follow-up visit in a few weeks. If you have a stent, it will be removed. Your doctor will also check for pieces of stone. If large pieces remain, you may need a second lithotripsy or another procedure.

Patient Education for Extracorporeal Shock Wave Lithotripsy (ESWL)

Shock wave lithotripsy for kidney and ureteric stones



Lithotripsy is a way to treat urinary tract stones without surgical intervention. It is also called extracorporeal shock wave lithotripsy, or ESWL. This treatment uses sound waves to break kidney stones into tiny pieces. These pieces can then pass out of the body in the urine.

Limitations of ESWL

As with any treatment, ESWL also has limitations and cannot be used in the case of:

- | Very large and hard stones
- | Pregnancy
- | Bleeding disorders
- | When you cannot stop taking Aspirin, Warfarin, Plavix or other blood thinners
- | If you have a urine infection
- | Special precautions are needed if you have a cardiac pacemaker

Possible Risks and Complications

- | Infection
- | Bleeding in the kidney
- | Bruising of the kidney or skin
- | Obstruction (blockage) of the ureter
- | Failure to break up the stone (other procedures may be needed)

Medications

Most of your medications can be taken as usual.

If you are taking any blood thinners (Aspirin, Warfarin Plavix) you need to stop them before treatment. You must contact your doctor for special instructions.

Do not discontinue them without consulting with your doctor.

Treatment

Lithotripsy takes about an hour. You will likely go home the same day.

You receive medication to prevent pain and help you relax or sleep during lithotripsy. Once this takes effect, the procedure will start.

Your healthcare provider then uses x-ray or ultrasound to find the exact location of the kidney or ureteric stone.

Sound waves are aimed at the stone and sent at high speed. If you're awake, you may feel a tapping as they pass through your body.

Energy waves strike the stone, which begins to crack.

The stone crumbles into tiny pieces.