



## ONCE HOME

If the treatment has been successful, the stone will break into many fragments that will be passed naturally over a period of weeks. During the passage of stones you may get pain if the flow of urine from the kidney is temporarily blocked. You may be given pain relief to take home. If you have excessive pain, nausea, vomiting or fever you must contact your family doctor.

Sometimes the break-up of the stone/s is incomplete and repeat treatments are required. Some stones are too hard to break up this way and other surgical treatments may be necessary.

*While you are in hospital we will do everything we can to make your stay as comfortable as possible. If you have any further questions after reading this information please ask your doctor or nurse who will be happy to help you.*

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# Extra-Corporeal Shock Wave Lithotripsy (ESWL)



## A Guide for Patients

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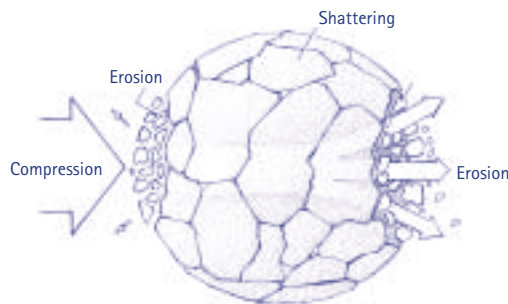


# EXTRA-CORPOREAL SHOCK WAVE LITHOTRIPSY (ESWL)

*This information is designed to help you, your family and friends prepare for your procedure.*

## WHAT IS EXTRA-CORPOREAL SHOCK WAVE LITHOTRIPSY (ESWL)?

ESWL is for the treatment of kidney stones that can block the flow of urine from the kidney causing pain and sometimes infection. A shock wave is focused on your kidney using X-Ray guidance. In order to transmit the shock wave through the skin, a rubber diaphragm is placed against your side and covered with a special gel. This does not require a surgical incision in the skin but there may be bruising on the skin surface where the shock waves enter the body.



*Incoming shock waves result in fragmentation from erosion and shattering.*

## YOUR CONSENT

We need your permission for the procedure to go ahead. Before you sign the consent form, it is important that you understand the risks and effects of the procedure and anaesthetic. Your doctor or nurse will discuss these with you.

## ABOUT YOUR ANAESTHETIC OR SEDATION

You will not be allowed to eat or drink anything for at least 6 hours before your treatment. This includes chewing gum and sweets.

There are two types of anaesthetic:

- **Intravenous (IV) Sedation:** This is used in the majority of cases. Medication will be injected through a cannula in your hand to make you sleepy so you do not move or feel pain throughout the procedure.
- **General Anaesthetic:** Not commonly used for this procedure. You will be asleep throughout the procedure and remember nothing of it.

You must **NOT** drive any vehicle or operate any machinery for 24 hours after your procedure. You will need to arrange for someone to drive you home.

## ESWL PROCEDURE

You may be given an appointment time for an x-ray to be done just prior to your procedure. Please bring your x-ray films with you. Occasionally, due to movement of the stone, the urologist may check the film on the day and decide that the stone is no longer suitable for ESWL. Other arrangements will then be made for your treatment.

On your admission to the ward you will be told of your estimated procedure time and fully prepared by your nurse. You will then be transferred to theatre where anaesthetic staff will put a cannula in your hand or arm and attach various monitoring devices.

Once you have been fully prepared and given your anaesthetic, treatment will begin. The time taken for

the procedure will depend on the size and number of stones you have but usually takes less than one hour.

## DOUBLE-J (JJ) STENTS OR NEPHROSTOMY TUBES

Some patients who may have stone fragments left in the kidney may require a tube to be inserted via the urethra, to assist the fragments to pass without blocking the flow of the urine from the kidney down the ureter. This can cause some urinary frequency or discomfort due to irritation of the bladder. It is then removed in Outpatient Clinic at a later date.

## AFTER ESWL

You will be encouraged to drink plenty of water to flush stone fragments through the ureter. It is normal to have blood in your urine for the first few days.

The doctor **may** give you a prescription for antibiotics to prevent infection after the procedure. It is important that you complete the course even if you feel well.

You may be sent an outpatient appointment for around 4 – 6 weeks after the treatment with an x-ray just prior to this so the doctor can see if the stone/s have cleared. We will send a letter to your own doctor about the treatment you received while you were in hospital. You should be able to return to work in 1 – 3 days.