

QUEEN CITY UROLOGY, PLLC
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ESWL (Lithotripsy) Patient Instructions

What is ESWL?

“Lithotripsy” from the Greek meaning “stone crushing” is a dramatic application of technology for treating stones in the kidney and ureters. The term “extracorporeal” refers to the fact that the treatment is non-invasive, using shockwaves directed from outside the body. The stone to be treated is targeted with use of fluoroscopy (x-ray). Multiple high energy pressure waves are then focused on the stone to attempt to break it into tiny particles, which can be passed naturally from the urinary system.

A major benefit of extracorporeal shockwave lithotripsy is that it is a non-invasive procedure. Because it is non-invasive, lithotripsy is typically performed on an outpatient basis with reduced treatment and recovery times. Historically, the occurrence of complications is very low.

Minimal laboratory tests are sometimes required prior to your procedure. The tests will vary, however, depending upon the type of anesthesia you will receive during treatment, your age, any medical conditions you may have, or any medications you take. Some medications must be discontinued for 5-7 days prior to treatment. These include **Blood thinners, arthritis drugs, aspirin, just to name a few. Follow your physician’s specific instructions. You cannot eat or drink anything after midnight the night prior to your treatment**

Your physician will inform you about the procedure to be performed and you will be asked to sign an informed consent for this procedure.

Candidates

Any patient with a stone in the kidney or ureter is a potential candidate. But there are reasons for NOT doing ESWL. Patients may not be good candidates for ESWL treatment if:

- Their weight exceeds 300 lbs. (140 kg)
- Their height exceeds 6 feet 8 inches
- The stone containing kidney has little or no function
- Life threatening cardiac (heart) problems exist
- They have a bleeding disorder
- They are pregnant
- A cardiac pacemakers/defibrillator has been implanted in the patient
- In the opinion of the attending physician, the risks of anesthesia and ESWL treatment outweigh the potential benefits, or some other form of stone treatment is more appropriate.

Furthermore, the size, location and number of stones and/or the presence of unusual or abnormal structural abnormalities of the kidneys or ureter may make other forms of treatment preferable. In some instances, combination treatment using ESWL may be needed; this would include surgical removal of stones from the kidney or ureter with telescopes after pretreatment with ESWL.

On the day of your procedure, please be sure you have followed all of the instructions below.

1. Do not eat or drink after midnight the night before treatment (except for a small sip of water the morning of the treatment to take prescription medication).
2. Be sure that you have a copy of your x-rays with you when you check in for treatment. (if they were done at Iberia Medical Center, this will not be necessary) Also, please bring any laboratory work that your Doctor has ordered for you in the week prior to your procedure.
3. All medications you are presently taking should be brought with you when you check in for your treatment.
4. You **must** have someone to drive your home after your treatment, otherwise your treatment may be cancelled or rescheduled
5. You should have your insurance information with you when you check in for treatment.

If you have any questions pertaining to the above or to your treatment, please call the office at (337) 352-2210.

What to Expect Following ESWL

- It is best to limit your activity, maintain adequate fluid intake, and perform no heavy lifting or strenuous activity for 1-2 days after the ESWL treatment.
- Most patients are off work for 24-48 hours after their treatment.
- It is not unusual to experience some discomfort or pain while passing the fragments
- Occasionally a second treatment or another type of stone manipulation is necessary because of failure of the stone to fragment or obstruction by a stone fragment.
 - 80-85% of stones less than 1 cm (1/2 inch) will break with a single treatment
 - Stone fragmentation is dependent on the chemical composition of your stone which cannot be determined with certainty prior to the treatment
- It is important that you strain your urine to collect any fragments and bring them with you to the office so they can be sent for analysis
- If you had a stent placed during your procedure, it is normal to experience the following symptoms
 - Intermittent blood in the urine
 - Increased urgency to urinate
 - Frequent urination
 - Pain in the back at the end of urination
- It is normal to have some bruising or irritation of the skin where the shock waves penetrate the skin

Follow up After ESWL

- Be sure you have an appointment to be seen in the office within 2-3 weeks after the procedure
 - You will need to get an x-ray to evaluate the progress of the treatment. ***Be sure to bring the disc from the hospital with you to the appointment.***
- Take all medication prescribed for you by your physician
- Do not restart any blood thinners until instructed to do so by your physician

Notify the office at 337-352-2210 if you experience any of the following:

- Severe pain unrelieved by your medication
- Any reaction to medications prescribed for you
- Severe bleeding from the urinary tract which does not clear with increase in fluids and rest for 8-10 hours
- Fever greater than 101 degrees F
- Excessive burning with urination

