

Department of Urology

Lithotripsy

Lithotripsy

Lithotripsy is the process of using shock waves to break up stones. The technique was first developed in West Germany and has been used successfully around the world to treat more than one million cases of kidney stones without causing significant side effects. Externally generated shock waves are used to harmlessly penetrate body tissues, but provide enough pressure on a kidney stone to break it up into smaller granules. The granules should then be small enough to be passed with the urine.

Risks

There are no significant risks with this treatment but **please let staff know, before your appointment date, if you have a pacemaker.**

Before your treatment

- Casual clothing is suggested. It will make you feel more comfortable after the treatment.
- If you have a small personal stereo or radio with earphones you may bring this with you to listen to during the treatment.
- Ensure that your bowels have been well opened 24 hours before your treatment, if possible.
- Carry on taking your normal fluid intake all day.
- Please bring a friend or relative with you so that you can be driven home as sometimes the medication we give you may make you sleepy.
- You will need to attend for an X-ray of your kidneys before each treatment (unless otherwise indicated).

If you are taking any medication that thins your blood, such as Aspirin, Warfarin or Clopidodrol, **this needs to be stopped 5 days before your treatment.** Please take any other usual medication on the day of treatment.

How is the treatment given?

- On the day of the procedure you will be offered a pain-killing suppository so that you will be comfortable and pain free as possible during the treatment.
- Please inform the nurse if you have any allergies or if you are asthmatic.
- At the appropriate time you will be accompanied to the lithotripter machine, where you will be asked to lie on your stomach on a couch. The initial shocks will be of small amplitude then the power will be gradually increased. If you find the treatment too painful we will discontinue treatment and arrange for a strong painkilling injection at your next session.
- The number of shock waves necessary can vary from one stone to another but the average treatment will last for about 20 - 30 minutes.



Patient Information

- X-rays of the kidneys or an ultrasound scan will be taken periodically between shock waves to check your stones position during treatment.

After your treatment

- Following your treatment you may need to stay with us for up to two hours to make sure that you can pass urine freely and check for blood in your urine. During this time we advise you to drink as much fluid as you can.
- Before you go home the nurse will tell you about any follow up arrangements, if you do not understand please ask.
- Typically you can return to normal activity 24 hours after treatment.
- You may pass blood in your urine for two to three days following the lithotripsy treatment; make sure that you drink at least one litre of fluid more than your usual intake per day.
- You should try and drink two litres of water a day whilst you are having Lithotripsy treatment.
- If you continue to pass blood please contact your GP or Walk in Centre.
- The passage of stone fragments may cause you pain and/or a temperature.
- Take painkillers for this such as paracetamol. **Do not take aspirin.** If the pain becomes very severe and persists contact your GP or Walk in Centre.

Do not drive for 24 hours following your treatment.

- For most patients the treatment is painless, or only mild discomfort is experienced.
- Some pain may occur as the stone particles pass down the tube from the kidney to the bladder.
- Most patients will need additional lithotripsy to break up their stones into even smaller pieces.
- The success of the treatment will be determined from an x-ray taken before your next treatment.
- Occasionally, a few patients may require additional action and this will be discussed with you as and when required.

Further Information

For further advice or information please contact:

Debbie Shreeve, Urology Clinical Nurse Specialist on 024 7696 5373.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact: 024 7696 5149 and we will do our best to meet your needs.

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Department	Urology
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