Mersey and West Lancashire Teaching Hospitals NHS Trust

Extracorporeal Shockwave Lithotripsy (ESWL)

If you need this information in a different language or accessible format, please speak to a member of staff who can arrange it for you

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیاریانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

Author: Urology stone nurse specialist
Department: Urology
Document Number: MWL3141
Version: 001
Review Date: 01/07/2029

What is Shockwave Lithotripsy or ESWL?

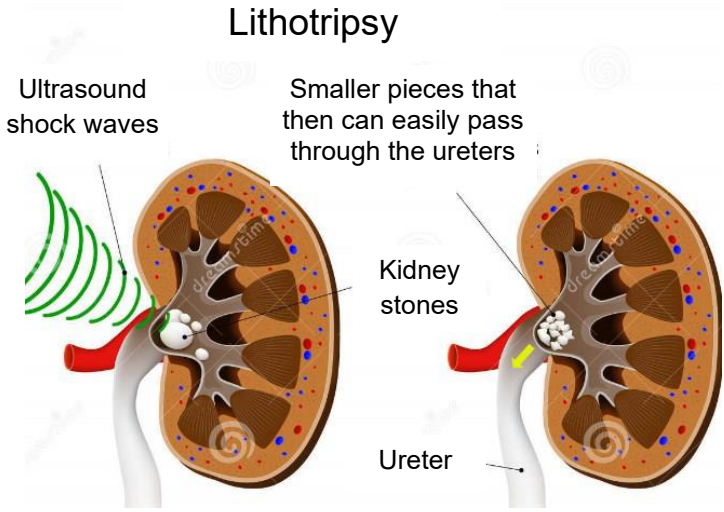
Lithotripsy is the breaking down of kidney stones by pressure waves.

The shockwaves produced by the machine are carefully focused onto the stone with the use of ultrasound or x-rays.

The waves travel through body tissues without causing permanent damage and break up the stone to sand-like gravel or small pieces.

This material will then pass out in the urine over a period of time, usually with very little pain.

Many patients have undergone this type of treatment.



Coming into Ward 4A– lithotripsy

Please take any medication as normal unless asked otherwise.

However, if you are taking any sort of anticoagulant and antiplatelet (blood thinners) therapy a plan should have been made with you to stop this in advance.

Routinely we advise patients of the information below, but this should have been confirmed by the medical team with you.

- Aspirin should be stopped 7 days before your appointment.

- Clopidogrel must be stopped 7 days before your appointment.

- Apixaban, Rivaroxaban, Edoxaban and Dabigatran must be stopped 48 hours before your appointment.

- Warfarin must be stopped 4 days before your appointment.

- This medication can be resumed 24 to 48 hours following your treatment, unless advised otherwise by your prescribing doctor.

- If you need to take pain relief tablets during the week before your lithotripsy, use a non-aspirin medicine such as paracetamol.

- Anadin and Alka-Seltzer tablets contain aspirin so please do not take these for at least one full week prior to your procedure as they can thin your blood and increase the risk of bleeding.

- If you have a pacemaker, weigh over 21 stone/135kg, think you may be pregnant or have a urine infection, please contact the lithotripsy clinic before your treatment day.

- It is usual practice to give pain relief medication before your treatment, and this can sometimes be morphine based. It is therefore recommended that you do not drive and arrange for a responsible person to take you home following your treatment.

- Do not bring valuables with you.

- We would advise you not to travel abroad within 14 days after your lithotripsy treatment. Stone fragments can continue to move for up to a couple of weeks after your treatment and fragments can get stuck in the ureter (tube between your kidney and bladder) and cause acute pain requiring urgent medical attention.

If you have plans to travel abroad, kindly contact the lithotripsy clinic to arrange your appointment.

Diet

You should exclude foods which you know to cause a build-up of bowel gas such as beans, lentils, vegetable such as broccoli, cabbage, brussels sprouts potatoes, sweet potatoes and carbonated beverages such as soda or beer. This is because it may prevent the stone being seen on the x-ray or ultrasound and therefore making the treatment difficult.

On the day of your treatment, you may have a light meal before your appointment. You may drink freely (non-alcoholic) until your appointment time.

If you are diabetic, continue with your normal routine.

What do I need to bring?

- A list of your current medication.
- Any routine medication you may need to take during your visit.
- You may bring a dressing gown and slippers, but this is not necessary.

What will happen

You need to have an x-ray to make sure your stone has not moved unless told otherwise. On arrival for your appointment, you will be asked to produce a sample of urine to check for infection.

If you have symptoms of urine infection before your treatment, please contact the lithotripsy clinic for the advice. A simple verbal health check list will be completed; your blood pressure and pulse will also be taken and recorded. You will be given appropriate medication before your procedure.

The procedure will be explained to you, and you will be asked to sign a consent form. This means you will be asked to confirm that you agree to the procedure and any questions you may have can be discussed at the time.

You will be provided with a gown to wear during the treatment. When it is your turn for treatment, you will go into the treatment room and meet the senior radiographer who will position you lying down on your back on a treatment table. Gel will be applied to your skin, and care will be taken to ensure you are comfortable.

At this point it is important to keep still.

Focusing on the area to be treated will be done using either an ultrasound or x-ray machine.

Each pressure wave is accompanied by a ‘clicking’ sound and you will feel a sensation often described as being flicked on the skin with an elastic band.

Treatment usually lasts between 30-45 minutes depending on the location of your stone.

Normally, no further pain relief is required.

Most patients describe the treatment as being uncomfortable but bearable.

Our radiographers are always happy to explain the treatment in greater detail and will be pleased to answer any questions you have.

After your treatment, you will be asked to get dressed and to take a seat in the waiting area.

You will be asked to pass urine before discharge.

The nursing staff will let you know of a safe time for you to be discharged and give you details of your follow up appointment.

What to expect after treatment

- You may experience slight reddening, bruising of the skin or both over the treatment area. You may find you pass some blood stained urine following the treatment and into the next day.

- This is quite normal and is nothing to be concerned about. The absence of such signs does not mean the treatment has been unsuccessful. However, if heavy bleeding persists please seek medical advice.

- Sometimes it is possible to pass fragments of stone without you noticing.

- Please remember to drink plenty of fluids. We recommend approximately 5-6 pints per day unless you have been advised not to as this will start the process of the stones being “flushed” out of your system. Gentle exercise such as bending, light lifting, stretching and swimming will aid the passage of stone. Please do not do these exercises if you have already been told not to.

- You will be able to return to work the day following your treatment.

- If you experience some discomfort or mild pain, take your own normal pain killers. However, if you have severe pain or pain which continues for a long time, attend your local emergency department.

- If you experience any fever, shivering or feel unwell, please seek medical advice. If symptoms are severe go to your local emergency department. Urine infections following this treatment can prove serious.

- Most kidney stones require more than one treatment.

If you have any further questions, feel free to ask the lithotripter during your treatment or the lithotripsy nurse.

Contact details

Urology Stone Nurse Specialist
Ward 4A, Whiston Hospital, Whiston, L35 5DR.
Telephone: 0151 4787911 Mobile No: 07880293602
Monday to Friday 8am - 4pm

or

Lithotripsy Treatment Clinic
Ward 4A, Whiston Hospital, Whiston, L35 5DR
Telephone: 0151 676 5891/ 0151 430 1420
Monday and Wednesday 8am - 4pm, Friday 8am - 12pm

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshall Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.