

# Lithotripsy

## Information and advice for patients

### Urology

---

Please arrive 60 minutes before your procedure so that you can be checked in and sent for an X-Ray if needed.

**In order for the treatment or operation to be done, it is important that:**

- You arrive on time
- **Please do not eat anything for 4 hours before your appointment but you can have your usual medication**
- **If you are diabetic, please eat and drink as you normally would and continue having your medication**
- **If you are on any blood thinning medication, please stop taking this as instructed during your clinic appointment leading to ESWL procedure**
- It is essential that you arrange for someone to take you home. Failure to do this may result in cancellation of your treatment
- There must be someone at home to look after you for at least 24 hours after your return
- You do not drive a car or any other vehicle, or operate machinery, including cookers, for at least 24 hours after you leave hospital
- You bring all medications that you are taking as prescribed by a doctor and give them to the nurse on the ward

If you cannot attend and need to reschedule, please contact the Booking Team on **0121 507 5485 (Mon – Fri 9am – 4:30pm)** immediately. This will enable us to admit another patient and ensure that the theatre time is not wasted. If you fail to attend without informing us, your name will be removed from the waiting list.

**Access for relatives / carers is not allowed during treatment.**

### Arriving for your Lithotripsy procedure

When you arrive, please tell the receptionist or nurse your name. They will ask you to sit in the waiting area or go for an X-ray to check the position of the stone.

You will sit in the waiting area until the nurse comes to prepare you for the procedure.

- We ask you to remove all your clothing and change into a gown and disposable underwear for the procedure.

- A nurse asks you some questions about your medical history. They also take your blood pressure to make sure you are ready for your treatment.
- We ask you to give a urine sample. We use this to check for an infection and make sure you are not pregnant.
- The nurses gives you some painkillers. These are usually tablets and a small suppository. This is a small cone or tube, which we put in your bottom. It melts to release painkillers.

## **During a lithotripsy**

The Doctor / Nurse specialist will complete the consent form with you and remind you of the benefits and risks of the procedure.

Please ask any questions you have.

1. You are marked with an arrow so the radiographer knows which side of your body needs treating.
2. We ask you to lie on the machine.
3. We put some warmed water on a plastic sheet underneath you.
4. We put small plastic stickers on your chest to monitor your heart rate during the procedure.
5. We use X-rays to find and target the kidney stone.
6. Then we put the lithotripsy probe under you on your skin to start the treatment.
7. When the lithotripsy begins, you feel shock waves entering your body. People have described this as similar to having a finger flicking against their skin. Some people find it painful, but others do not feel pain. Please tell us if you find this uncomfortable and we can give you more painkillers.
8. During the procedure, we deliver shocks to the stone at the rate of about 1 to 2 each second.
9. The treatment lasts about 40 minutes and delivers around 3,000 shock waves. They pass through your body to break the stone into pieces (fragments). These fragments then pass out of your body in your pee.

## **After a lithotripsy**

After the procedure, we take you to a recovery area. You can leave hospital when you feel able to.

You need to spend the day resting. You should be able to carry out your normal activities the next day. It is advised that you do not drive for 24 hours.

To flush out stone fragments, make sure you drink plenty of fluid (mainly water). Try to drink over 3 litres (5 pints) of fluid each day. It is a good idea to keep drinking this amount of fluid in the long term. This can help prevent you from forming more stones in the future.

## **Symptoms to be aware of**

You might see blood in your urine for 1 or 2 days after the procedure. This is normal and will clear.

You might feel a bit sore after the procedure. You can take painkillers, such as paracetamol, to help with this.

**Please contact your GP if you get blood in your urine that does not get better or you have symptoms of an infection, including cloudy or bad smelling urine.**

**Go to A&E if the pain becomes severe or your temperature is high, feel hot or shivery.**

## **Risks of lithotripsy**

As with any procedure, there are risks when having a lithotripsy. Most people do not have serious problems.

The procedure bruises the kidney slightly, so you might see blood in your urine afterwards. This should clear after a few days.

A stone or stone fragment might be left in your body after treatment. If the stone or stone fragment drops into your ureter, it can get stuck and cause pain. If this happens, you might need more treatment to remove it.

You might get a urine infection.

A blood clot (haematoma) can sometimes form around the kidney, but this affects less than 1 in 100 people.

## **Other treatment options**

Kidney stones in the ureter can be removed with a fibre-optic telescope. This procedure is called a ureteroscopy.

Larger stones can be removed with surgery. This involves the surgeon making a small cut (incision) in your back. You need to stay in hospital for longer after surgery and it takes more time to recover.

Please talk to your doctor or nurse if you would like more information on other treatment options.

## Follow-up appointment

It is likely that you need more than one lithotripsy session to break the stones.

A few weeks after you have finished your lithotripsy sessions, you have a follow-up appointment in a clinic. We check how the treatment has worked.

We will post you the follow-up appointment. If you cannot come to this appointment, please contact the Secretarial team on 0121 507 3298/2933.

If you have any clinical queries, please contact the Urology Nursing team on 0121 507 5324.

## Further Reading

National Health Service (2022) Kidney stones. Available at: [https:// www.nhs.uk/conditions/kidney-stones/treatment/](https://www.nhs.uk/conditions/kidney-stones/treatment/)

[Accessed 26th November 2024].

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



**A Teaching Trust of The University of Birmingham**

Incorporating the Midland Metropolitan University Hospital, City Health Campus, Sandwell Health Campus and Rowley Regis Hospital.

© Sandwell and West Birmingham NHS Trust

M7897

Issue Date: January 2025

Review Date: January 2028