

Discharge Advice following Lithotripter Treatment

Information for patients



Abdominal Medicine
and Surgery

The Yorkshire Lithotripter Center

What is lithotripter treatment?

Stones may form in the kidney as a result of crystallisation in the urine. The stones can be broken up by a technique called Extracorporeal Shock Wave Lithotripsy (ESWL).

ESWL uses shock waves that are generated outside the body and focused on the stone to break it up into small fragments. The fragments are then flushed out of the kidney in the urine.

Pre-treatment

- When you arrive at The Yorkshire Lithotripter Centre you will be pre-assessed by the unit sister. You may have a pre-treatment x-ray of your kidney, ureter and bladder (KUB) to determine any changes in the position of your stone.
- A sample of urine will be requested on your arrival.
- You will be offered oral analgesia where appropriate to help alleviate any discomfort you may have on the lithotripter machine. Additional pain relief if required will be administered accordingly.

Treatment

- No anaesthesia is needed for this procedure. You will be positioned on the lithotripter machine where a doctor will use a scanner to locate your stone.
- Up to 4000 shock waves are given over a period of forty minutes.
- If the treatment becomes painful please inform the doctor so that he can reduce the intensity of the shock waves and increase your analgesia.

Dietary information for patients with renal stones

If your doctor has told you that you are at risk of forming stones or you have already formed stones, changing your diet may reduce the chances of this happening. You may need referring for further dietary assessment with a dietician if you have other medical problems or have a specific type of stone.

Discharge advice following lithotripter treatment

Some patients experience pain as fragments pass from the kidney to the bladder. This may occur directly after the treatment or weeks later, the time varies enormously between patients.

There may be some superficial bruising and soreness around the treatment area but this should ease in a few days. A warm bath often helps to relieve this problem.

You may pass blood stained urine following the treatment and later when the stone is being passed.

Analgesia (painkiller tablets) will be provided if you have not already been prescribed pain relief for any other medical condition. This is a precautionary measure for your safety.

It is important to maintain a high fluid intake of sugar free fluids; the recommended amount is between 6-8 pints within 24 hours.

All physical activities help the passage of fragments.

Reasons to contact your GP:

- Symptoms of fever (99°F - 38°C)
- Persistent pain not being relieved by prescribed painkillers
- Urine remains heavily blood stained for more than two days
- Symptoms of a urinary tract infection

If your GP is not able to see you the unit will try to advise you wherever possible. In the event of this not being the case and you are in acute pain please come to our casualty department at St James's Hospital.

Lithotripter Sister

0113 206 6995

Lithotripter Clerical Officer

0113 206 5965

Answer machine is available should you wish to leave a message.

Fluid: It is very important that you are drinking plenty of fluids to ensure you are passing large volumes of urine. Try to drink at least 3½ litres (approx six pints) of liquid each day, with extra drinks in hot weather.

The following gives you examples of common quantities of fluid; alternatively you could measure your own mug or glass:

1 average mug **250 mls**

1 average teacup **150 mls**

1 tall glass **300 mls**

You should have a drink between each meal, at meal times and before bedtime. Extra fluid should be drunk should you have to get up to go to the toilet during the night. This may seem inconvenient but is good practice for stone prevention.

The best drink to have is water but other suitable drinks include low calorie - sugar free squashes, fizzy drinks and herbal teas.

Salt: A high intake of salt means that you are more at risk of forming stones. A small amount of salt can be used in cooking but none should be added at the table. This includes sea salt, rock salt, garlic salt as well as ordinary table salt. Try to use pepper, herbs and spices to flavour your food instead.

Choose fresh or frozen foods whenever possible as packet, tinned and convenience foods contain a lot of salt.

Weight: It is important that you are not overweight, as this will increase your chances of forming stones. If you would like further detailed advice please feel free to ring:

The Lithotripter Sister on telephone number: 0113 206 6995

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