Extracorporeal Shockwave Lithotripsy (ESWL)

General Information

The purpose of ESWL is to crush kidney stones so that they may be passed in the urine. A minority of patients may require more than one ESWL treatment to completely crush their kidney stones. Large stones are more likely to need more than one treatment, but even small stones may need an extra treatment. If another ESWL treatment is required, it will be arranged by your urologist.

An X-ray and/or renal ultrasound will be taken after the treatment to help determine if the stones have been completely crushed.

Bleeding in the kidney has occurred in some patients, but no lasting damage to an internal organ or its functions has been observed. Grossly bloody urine may be present for a few days following treatment.

ESWL will not prevent the formation and growth of new kidney stones. Metabolic evaluation and medical therapy will be required to achieve this goal.

Discharge Instructions

You have received medicine to help you relax during the procedure
For your own and other’s safety please follow these guidelines:

• A responsible adult MUST accompany you home after your procedure (you cannot go home alone or unaccompanied in a taxi).

• We recommend you have someone stay with you for the first 24 hours that you are home.

• For 24 hours after an anaesthetic, (until _____ am/pm tomorrow) do not do anything that needs coordination or judgment. This includes:
  • Driving a car or operating dangerous machinery.
  • Making important decisions.
  • Signing legal papers.

• Do not drink alcohol or take recreational drugs for 24 hours afterwards. These substances may add to the anaesthetic effects.
Please restart your usual prescribed medications immediately unless your doctor gives you different instructions.

**Do not take herbal or Chinese medicines for 1 week after your procedure.**

- **Increased Fluids:** After treatment of ESWL, the stones are crushed into small fragments and may take some time to pass. You should increase your fluid intake to at least six 8-ounce glasses to help flush out these fragments and should continue this to help prevent new stones.

- **Pain Relief/Urinary Flow Therapy:** A prescription will be provided for pain relief. In addition, a prescription for a medication (Tamsulosin or Flomax®) to help the stone pieces to pass in your urine may be provided by your urologist. If the pain tablets do not help, you should contact your urologist or family physician.

- **Strain Urine:** You should strain your urine for 1–2 weeks after leaving the hospital. Any fragments should be placed in a small container and taken to your doctor's office for chemical analysis.

- **Fever:** If you develop a fever (greater than 38.5°C) or chills, contact your urologist or family physician IMMEDIATELY. This requires urgent medical attention.

- **Activities:** If you are pain free and there is no blood in the urine, you may resume normal activities and return to work. Avoid heavy lifting for at least 3 days after procedure.

- **Appointment:** Arrange an office appointment to see your doctor in the next 4 weeks as directed by your urologist.

- **Food/Fluids:** When you are tolerating fluids well, it's recommended to have a lighter diet today and resume your regular diet tomorrow.

**IF YOU HAVE UNRELIEVED PAIN OR HAVE A FEVER (T > 38.5°C) OR CHILLS AND ARE NOT ABLE TO CONTACT YOUR UROLOGIST OR FAMILY DOCTOR, GO TO THE NEAREST EMERGENCY DEPARTMENT.**

**HealthLink BC**
To speak with a nurse, pharmacist, or dietician, call 811.
Services available in 130 languages.
www.healthlink.bc.ca
For deaf and hearing-impaired assistance (TTY), call 711.