

*St Vincent's Lithotripsy Service*

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Lithotripsy Service*

Information for patients

### *What is lithotripsy?*

St Vincent's Lithotripsy Service provides an alternative to the conventional surgical treatment of kidney stones.

Derived from the Greek word meaning 'stone crusher', the lithotripsy process uses shockwaves to effectively fragment kidney stones without intrusive surgery. The virtually pain-free, same-day procedure means you are home sooner and recover much faster.

### *How does lithotripsy treatment work?*

During extracorporeal shockwave lithotripsy (ESWL), shockwaves are generated by an instrument known as a lithotripter which fragments the kidney stone. The stone is broken into sand-like particles which are easily passed in the urine.

### *How can I be referred for lithotripsy?*

To be a patient of St Vincent's Lithotripsy Service you need to be referred by a treating urologist. The urologist will assess the suitability of lithotripsy treatment for your case. Your doctor will liaise with the Lithotripsy Service to set up your appointment and provide St Vincent's with a referral letter.

### *What tests will I need before I have lithotripsy?*

Before having lithotripsy treatment you will need to have blood and urine tests, an electrocardiograph (ECG) and x-rays. These will be organised before you come to hospital.

**PLEASE BRING ALL X-RAYS AND SCANS WITH YOU ON YOUR DAY OF TREATMENT.**

### *What do I need to do to prepare for treatment?*

For lithotripsy booked in the morning, you must not eat or drink after midnight on the day before treatment.

For lithotripsy booked in the afternoon, you must not eat or drink after 7am on the day of treatment.

### *Blood thinning medication*

If you are taking aspirin, Clopidogrel, warfarin or any other blood thinning or anti-inflammatory tablets such as Nurofen or Voltaren, please consult your doctor as it will be necessary to stop these tablets 10-14 days before your appointment. If this does not happen, your lithotripsy appointment will be cancelled.



## *What if I am diabetic?*

If you are diabetic you will have been given additional instructions by your urologist. Please check details with your referring doctor.

## *What happens if I pass my stone?*

Sometimes patients pass their kidney stone before having lithotripsy. If this happens to you please call 9288 3628.

## *What if I have a pacemaker?*

Please inform St Vincent's Lithotripsy Service on 9288 3628 before treatment if you have a pacemaker.

## *What if I need an interpreter?*

Please call the lithotripsy service on (03) 9288 3628 if you require an interpreter.

## *What happens when I arrive on the day of treatment?*

On arrival you will be assessed by both nursing and medical staff and transferred into the Lithotripsy operating suite for treatment.

### *What should I wear?*

Please wear comfortable shoes and clothing. You don't need to bring pyjamas or a gown. Please don't wear make-up, nail polish or jewellery.

For security reasons, please leave money and valuables including jewellery at home.

### *What do I need to bring with me?*

Please bring with you:

- x-rays
- current medications
- referral letter
- health fund membership book (if applicable)
- Medicare card
- Veterans' Affairs card (if applicable)
- pharmaceutical entitlement (if applicable)
- pension number (if applicable)
- two telephone numbers of family and/or friends

### *What should I expect during treatment?*

Lithotripsy shockwave treatment can cause some discomfort when passing through the body. Therefore, some

form of anaesthesia will be required. An anaesthetist will consult with you about the most appropriate type of anaesthetic (general or spinal).

You will be transferred to the lithotripsy table and x-ray monitoring or ultrasound will be used to precisely locate the kidney stone. A loud 'bang' is emitted as the shockwaves are applied to the stone. You will therefore be offered ear muffs or disposable ear plugs to protect your ears.

Some patients may require a small catheter or narrow tube called a stent to be inserted temporarily to aid the passing of stone fragments from the kidney to the bladder.

We will monitor the fragmentation of the stone throughout the procedure. The whole procedure usually takes around 30 minutes but could take longer if a stent is required.

### *What happens after treatment?*

You will be transferred to the recovery room where you will be monitored for around two hours until the anaesthetic wears off.

You will be ready to go home approximately three hours after your treatment. You must be accompanied home by an adult relative or friend.

For your safety, we cannot proceed with the lithotripsy treatment unless we have confirmed arrangements for you to be accompanied home.

We recommend you go home and rest once discharged from hospital. You should not drive a car, operate machinery, drink alcohol, exercise or work until the following day. Most patients are able to resume normal daily activities the day after treatment.

### *What do I need to do after treatment?*

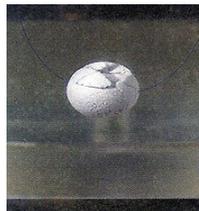
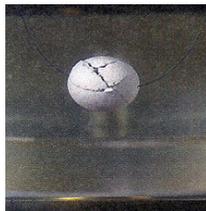
After treatment we advise that you drink 2-3 litres of water per day to flush the urinary system and assist the stone fragments to pass in your urine.

You may notice that your urine is darker or blood-stained for the first few days following treatment. Some patients experience muscle soreness or bruising where the shockwaves entered. This soreness should resolve within 1-2 days. Simple analgesia can be taken to treat symptoms.

The stone fragments will pass over the following days, weeks or months. Occasionally the broken stones may cause pain as they pass down the urinary system. The pain can usually be treated with pain relief tablets.

It is possible that urinary infection may occur. The signs of this are high fever, shivers and pain.

If you experience severe pain or fever you should return to St Vincent's Emergency Department. These complications require prompt attention.



### *Do I need to arrange a follow-up appointment?*

Before leaving the hospital on the day of your treatment, a follow-up outpatient appointment will be made for you with your referring hospital or at St Vincent's. If referred from a private urology clinic, you will be referred back there for your follow-up appointment. You will be asked to have a plain x-ray so that the doctor can review your urinary system.

If a stent was inserted, it will be removed by St Vincent's Urology Department or your referring hospital/urologist.

### *How do I get more information?*

Please contact the St Vincent's Lithotripsy Service during business hours:

8:30am to 5:00pm  
Monday to Friday  
Tel: (03) 9288 3628

After hours emergency enquiries can be addressed by contacting your referring urologist or the St Vincent's Urology Registrar on (03) 9288 2211.

The lithotripsy website can be viewed via the St Vincent's services site (then follow the link to Lithotripsy):

[www.svhm.org.au/services](http://www.svhm.org.au/services)

### *Where will I have my lithotripsy performed?*

St Vincent's has a lithotripter on site at Fitzroy as well as a mobile service to metropolitan and rural Victoria. Your urologist will inform you of the most convenient location for your treatment.

### *For patients being treated at other locations*

You will be provided with a detailed information sheet showing where you need to come for treatment.

### *For patients being treated at St Vincent's*

#### **Parking**

Car parking is available under the Inpatient Services Building with access from Fitzroy Street off Victoria Parade, Fitzroy.

#### **Public transport**

Trams and buses travel frequently along Victoria Parade and Nicholson Street.

# St Vincent's Lithotripsy Service

Parliament station is within walking distance.

## Where do I arrive?

Day Procedures Unit  
Level 1, Inpatient Services Building  
(main hospital)  
St Vincent's  
Princes Street  
Fitzroy VIC

## *Further details*

If you have any queries regarding lithotripsy, please telephone:

Freecall 1800 888 078

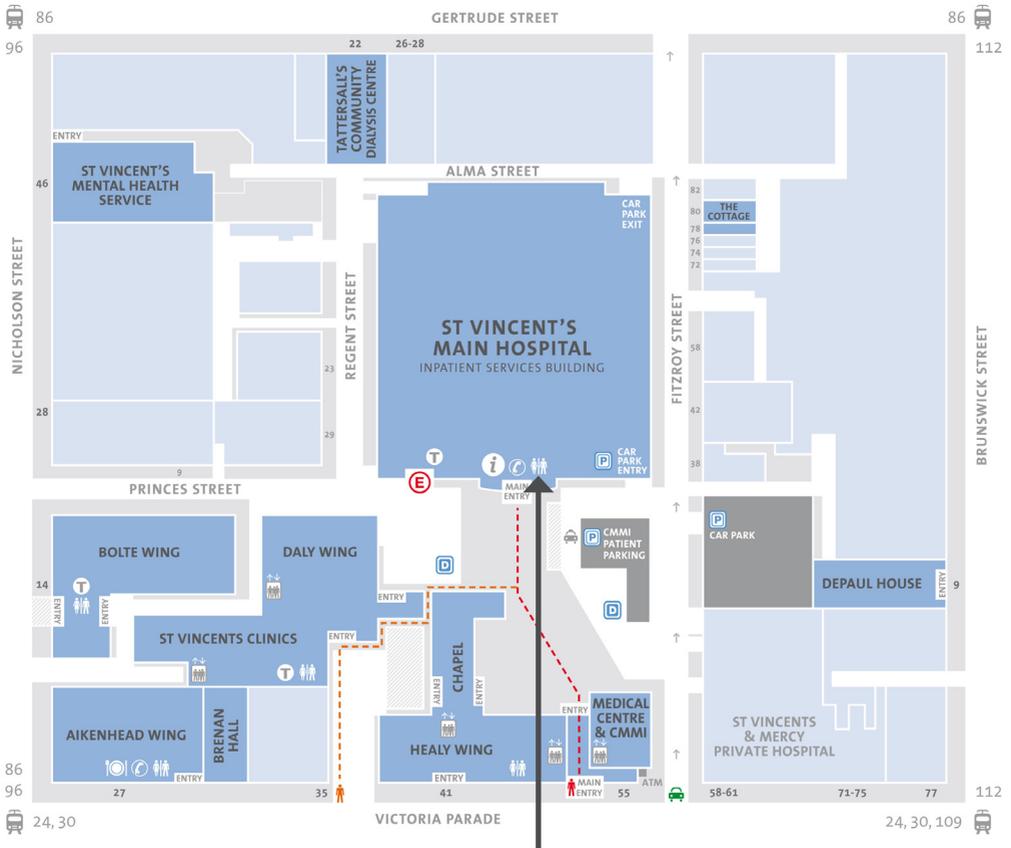
You can also visit our website and follow the link to Lithotripsy:  
[www.svhm.org.au/services](http://www.svhm.org.au/services)

Postal address  
St Vincent's Lithotripsy Service  
PO Box 2900  
Fitzroy VIC 3065

Street address  
Inpatient Services Building  
St Vincent's  
Princes Street  
Fitzroy VIC



# St Vincent's



## St Vincent's Lithotripsy Service

Sept 2010

### Mission

Our health service is based on and driven by our quest for:  
Compassion – Justice – Human Dignity – Excellence – Unity