

Extracorporeal Shock Wave Lithotripsy-ESWL

These instructions are intended for printing. The instructions contain sections to be filled in.

Stones may form in the urinary tract when the ingredients of urine form crystals. The stones may cause pain, blood in the urine, and they may sometimes block the flow of urine.

Procedure

In extracorporeal lithotripsy the stone is localized with the help of ultrasonography, and sometimes with x-ray. A wave of energy that is formed in an energy source outside the body is aimed at the stone. The purpose is to crush the stone to small enough fragments so that they can come out with urine. The energy waves do not harm the organism. The procedure lasts from half an hour to an hour. During the procedure you will be given relaxing medication and pain medication, and you might fall asleep.

The pain medication makes the procedure almost painless.

Recovery

After the procedure you will stay at the ward for approximately 1–2 hours. Urine may be bloody for a few days. Sometimes the moving fragments may cause a pain attack. Plenty of drinking and exercise will help the fragments come out and urine to become clear again. You may strain urine and bring the stone fragments to be analysed to the surgical outpatient clinic. If stones have been analysed earlier, it is not necessary to strain urine.

Treatment of pain

Painkillers should be taken if needed:

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Sick leave is 1–3 days.

An x-ray check is performed after about six weeks.

Contact us

If you have problems in healing, you should contact:

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552,

Your own health Centre or occupational health Centre

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.