



## Procedure Information – Extra-Corporeal Shock Wave Lithotripsy (ESWL)

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

*Please fill in /  
affix patient's label*

### Introduction

This involves the administration of shock waves through the skin to break urinary Tract stones into small fragments so that it can be passed spontaneously out of the body.

### Indications

- Urinary tract stones.

### The Procedure

1. It is usually performed under MAC or IV sedation. During the procedure, your doctor will give you analgesia intravenously to reduce your pain.
2. You are positioned on the therapy table.
3. The stone is targeted either by X-ray and/or ultrasound. Shock wave is then generated and focused onto the stone to break it into small fragments.

### Possible risks and complications

- Risk of radiation exposure
- Allergic reaction to analgesia and anesthetic agents
- Urinary stones cannot be completely fragmented and passed out, may need repeat or supplementary treatment.

### Rare complications

- Bleeding around the kidney
- Kidney rupture
- Stone fragments blocking the urinary tract and may cause retention of urine.
- Urinary tract infection causing high fever (over 38 °C) or rigor.
- Arrhythmia

### Before the Procedure

1. Your doctor will explain to you the reason, procedure and possible complications. You will need to sign a consent form.
2. No food or drink is allowed 6-8 hours before the procedure.
3. Aspirin or anticoagulants should be stopped a few days before the procedure. Please tell your doctor if you are taking this kind of medication prior ESWL.
4. If necessary, laxatives will be prescribed to empty your bowels the night before the procedure.

### After the procedure

1. Unless contraindicated, it is advised to drink 3 litres of water per day to increase urine output in order to facilitate the passage of stones.
2. A well balanced diet is advised to prevent stone formation.
3. Follow your doctor's instruction to take the prescribed medications if any.
4. Pain over the loin, lower abdomen and voiding of blood-stained urine for 1-2 days after the procedure are expected.
5. There may be bruising over the targeted skin area which will usually subside within 1-2 weeks.



**Procedure Information –  
Extra-Corporeal Shock Wave  
Lithotripsy (ESWL)**

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

*Please fill in /  
affix patient's label*

**Please contact your doctor for prompt treatment if**

- fever (38°C or above) & rigor
- Voiding urine with excessive pain or difficulty occurs.

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. Should a complication occur, another life-saving procedure or treatment may be required immediately. For further information please contact your doctor.

**Reference**

Hospital Authority – Smart Patient Website

-----  
I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. \_\_\_\_\_. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date