

# Extracorporeal Shock Wave Lithotripsy (ESWL)



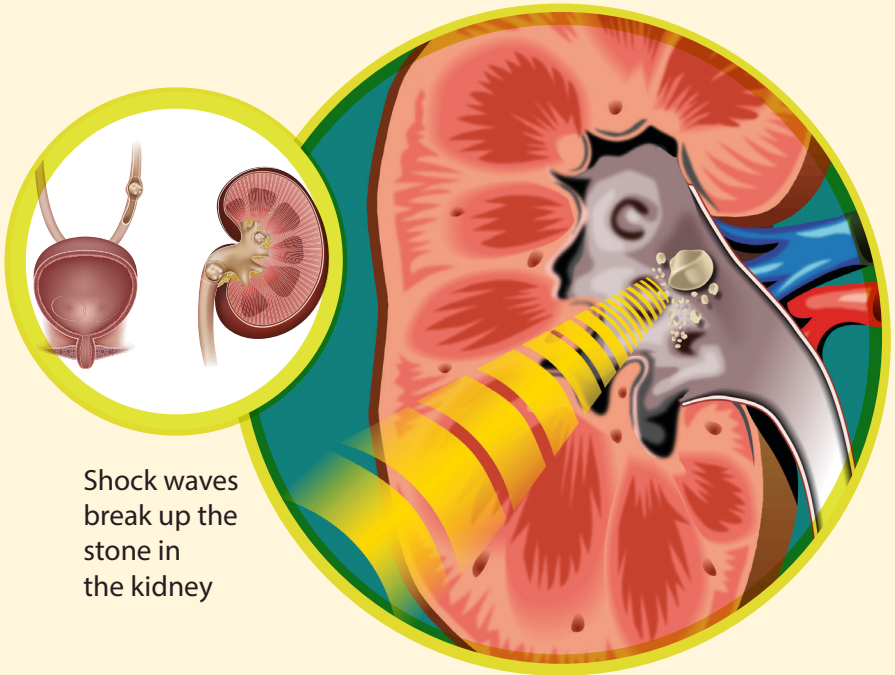
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## What is ESWL?

Extracorporeal Shock Wave Lithotripsy (ESWL), is a treatment for removal of stone(s) in the kidney or ureter (the tube that carries urine from the kidney to the bladder). This involves focusing shock waves onto the stone to break it into smaller pieces. The fragmented pieces are then passed out through the urine. Sometimes you may need more than one session to clear the stone(s).



## What must I do before the procedure?

- Fast for at least six hours.
- You may need to take laxatives to clear your bowels so that its easier to locate the stone during the procedure.
- You will be advised to stop taking certain medications one to two weeks before the procedure. Some common medications include antiplatelets or anticoagulants.

You will be asked to lie on a special bed. Some gel will be applied to either on your abdomen or back and a silicon cushion will be inflated and pressed against your body to allow for optimal delivery of the shock waves during the procedure. The stone(s) will be located with the aid of an X-ray or ultrasound machine. Upon activation, you will be able to hear the shock wave and feel its impact on your body. The shock waves will come about once every second.

Most sessions last between one to two hours. A strong painkiller will be used during the procedure and it will be injected directly into your vein. As the procedure can cause some discomfort, you can press the button on the medication delivery device, to control the amount of painkiller being administered to you. The device is programmed to ensure that you receive a safe amount so you do not have to worry about being overdosed.



## What happens after the procedure?

- You will be brought to the day surgery to rest under observation.
- You can be discharged on the same day once you feel well enough to go home.
- Have an adult family member, relative or friend to accompany you home.

## What can I expect to know after the procedure?

You may have:

- Abdominal or back pain as the stone fragments are passed out.
- Bruising from the shock waves or from the pressure of the silicone cushion.
- Small amounts of blood in your urine.

The list of complications is not exhaustive and it does not replace a detailed consultation with your doctor.

You should:

- Drink at least eight glasses or two litres of water a day, unless otherwise instructed by your doctor.
- Take your prescribed medication diligently. This includes painkillers and antibiotics. Take the painkillers only when you experience pain. Please complete the entire course of antibiotics.



## Is there anything I should be aware of?

You should go to the hospital if you:

- Have a fever.
- Are feeling unwell.
- Are experiencing severe pain that is not responding to painkillers.
- Are passing out large amounts of blood in your urine.

## Who can I call if I have doubts?

During office hours, you can contact the Urology clinic for advice through the CGH Appointment Centre hotline: 6850 3333. After office hours, please proceed to the Accident and Emergency Department if you face any urgent problems.





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### **CGH Appointment Centre**

For appointments and enquiries,  
please call: (65) 6850 3333

Operating hours:  
8.30 am to 5.30 pm (Monday to Friday)  
8.30 am to 12.30 pm (Saturday)  
Closed on Sunday & Public Holiday

For more information, please visit [www.cgh.com.sg](http://www.cgh.com.sg)

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Information is valid as of January 2020 and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered. Please do not disregard the professional advice of your doctor.