

ESWL

(Extracorporeal Shock Wave Lithotripsy)

**** Important Information ****
Please read before you come in

Your ESWL is scheduled for: _____

- **Report to: Admitting Department (Main Floor)**
Jim Pattison Pavilion (see map)
at _____ o'clock
- **To confirm your arrival time**, call the Day Bed Unit
at **604-875-4078** between 1:00 p.m. - 5:00 p.m.
the day before your Lithotripsy .
(Call on Friday if scheduled Monday)
- If you do not speak English **well**, someone who does
speak English well **must come with you** and stay
with you during the entire day.

請不懂英語之朋友注意: 若閣下需要到本院留院或診療室
檢驗, 請帶同翻譯員前來協助解釋一切程序。多謝合作。

ਜੇਕਰ ਤੁਸੀਂ ਚੰਗੀ ਤਰਾਂ ਅੰਗਰੇਜ਼ੀ ਨਹੀਂ ਬੋਲ ਸਕਦੇ ਤਾਂ ਕੋਈ ਵਿਅਕਤੀ ਜੋ ਚੰਗੀ ਤਰਾਂ ਅੰਗਰੇਜ਼ੀ ਬੋਲ ਸਕਦਾ ਹੈ,
ਤੁਹਾਡੇ ਨਾਲ ਜ਼ਰੂਰ ਆਵੇ ਅਤੇ ਸਾਰੇ ਦਿਨ ਦੇ ਦੌਰਾਨ ਤੁਹਾਡੇ ਨਾਲ ਰਹੇ।

Vancouver General Hospital
Day Bed Unit

899 West 12th Avenue
Vancouver BC V5Z 1M9
Tel: 604-875-4078

What is ESWL?

ESWL is a procedure that is used to crush kidney stones so that they may be passed in the urine. You will go home the same day.

What do I need to do?

For your safety, you must carefully follow all of these instructions. **If you have any questions, call your doctor's office.**

- Please get your blood test and ECG (if ordered by your doctor) done as soon as possible.

The day before your appointment

◆ Diet:

Eat lunch as usual. Do not eat any solid food after lunch.

- **Drink 1 glass (8 oz) of clear liquid every hour until 10:00 p.m.**
 - Clear liquids are tea (without milk), water, broth, consommé, pop, Jell-O, and clear juices like apple, grape, or cranberry.
- **Do not drink water only.** Other clear liquids will give you the calories you need.
- **Do not** drink milk or milk products like cream or buttermilk.
- **Do not drink or eat anything after 10:00 p.m.** You can not take anything by mouth including candy, gum, cigarettes.

◆ Laxative:

Between 4:00 p.m. and 5:00 p.m. the day before your procedure, drink 2 ounces of Castor Oil or half a bottle of Citromag. You can buy either of these laxatives at your local drug store.

- If you have Crohn's Disease or Colitis, check with your doctor before taking any laxative.

The morning of your appointment

◆ Medication:

If you are on regular medication, take your medication with sips of water the morning of your appointment before you come to the hospital.

- You may take your own pain medication.
- If you have diabetes and take insulin or pills, check with your doctor to see if you should take any or some of the medication or insulin.
- Bring all of your medications in the original bottles to the hospital.
- If you are taking Aspirin, Coumadin (Warfarin), Plavix, Ticlid, or Inohep (Tinzaparin) **you must stop 7 days before your scheduled ESWL**.

If you have a mechanical heart valve, check with your family doctor before stopping your blood thinner.

◆ Shower:

The morning of your procedure, take a shower or have a bath.

- Do not use after-shave or perfume.
- Remove any nail polish or make-up.

◆ Personal Belongings:

Leave all valuables and jewellery at home. There is no place to store them at the hospital.

◆ Your scheduled appointment

- Arrive at the Admitting Department (Main Floor) - Jim Pattison Pavilion at the time you were told. This will be between 7:00 a.m. and 2:00 p.m.
- You must arrive on time for your appointment. If you are not on time, another patient may have the procedure done in your place.
- You may be told to arrive up to 3 hours before your scheduled appointment to give the nurses time to get you ready to have x-rays done and to be available if the doctor is able to do the procedure early.
- You **cannot** leave the hospital alone!
 - **You must arrange ahead of time for someone to pick you up from the Day Bed Unit after your procedure. If you do not, your procedure will be cancelled.**
- A nurse will:
 - Ask you questions about your health
 - Check your blood pressure, pulse, temperature

- The nurse will start an intravenous (IV) in your arm. This is used during the procedure to give you medication.
- An x-ray will be taken to locate the kidney stone.
- You will meet with a doctor (anaesthesiologist) who will give you medication during the procedure to make you relaxed and drowsy. If you feel any pain, tell the doctor and your medication will be adjusted to make you comfortable. Many people fall asleep during the procedure.
- The procedure takes 30 to 60 minutes.
 - The time depends on how large or how hard your stone is and whether you have more than one stone.

What happens after the procedure?

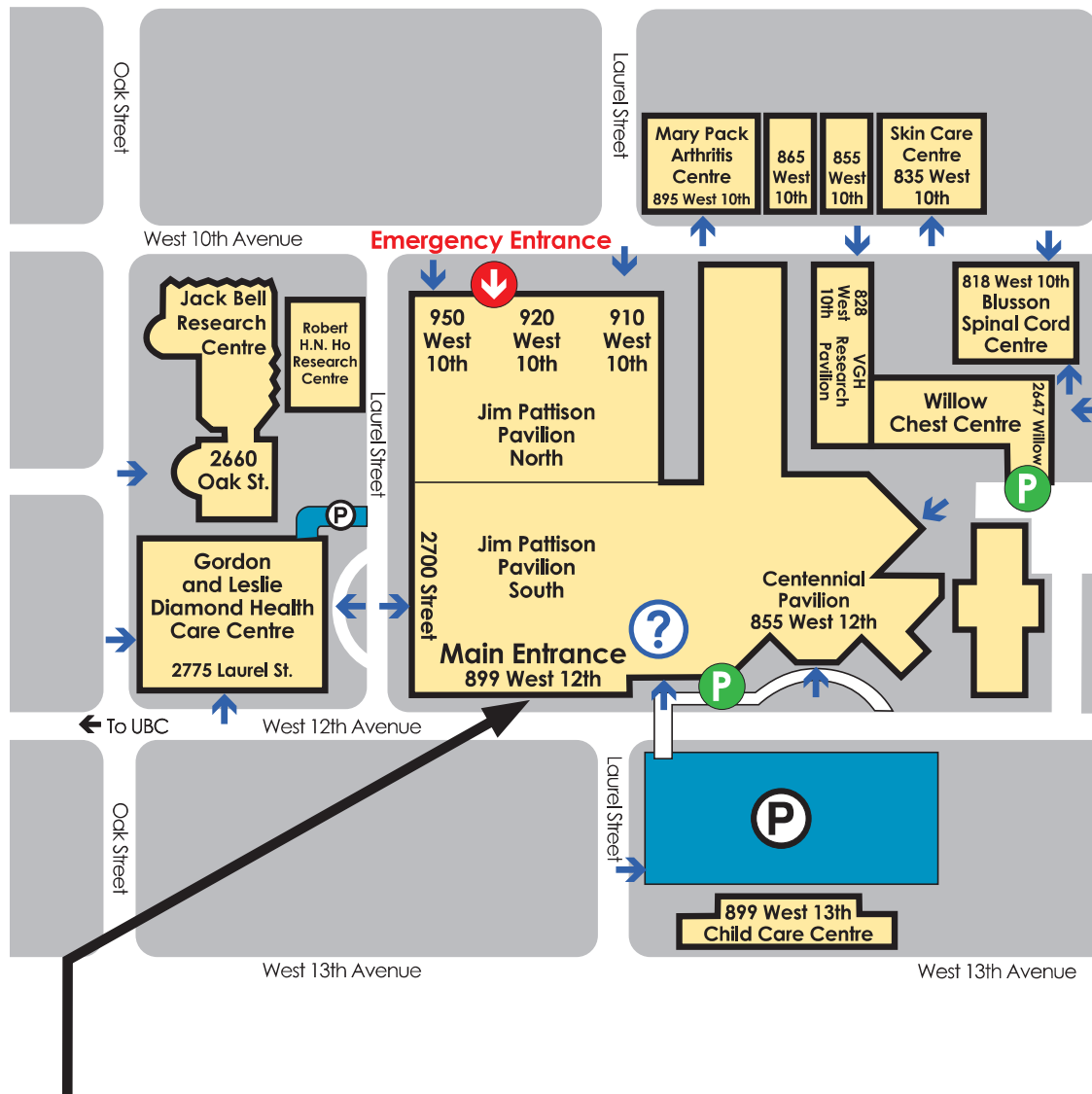
- Your IV will be continued and you will be given water to drink.
- Pain: Many patients are worried about pain after the procedure.
 - Some patients say they have a "bruised" feeling in their back where the shock waves passed through.
 - If you had a very large stone, and part of it did not crumble, it can move and cause the same kind of pain you may have been having from time to time at home.
 - If you feel pain, tell the nurse and you will be given medication through the IV to reduce your pain.

- If the treatment works as planned, the stone crumbles into tiny pieces like sugar.
- You will not feel these pieces being passed in your urine.
- You must pass urine before you leave the hospital.
- Almost all patients who have this procedure have blood in their urine for 1-2 days.

Going Home

- Usually you will be able to go home 1-2 hours after the procedure.
- You **cannot** leave the hospital alone!
 - a responsible adult must pick you up from the Day Bed Unit after the procedure to accompany you home.
 - If you are taking a taxi, you must still have another adult (**not** the taxi driver) accompany you home.
- **Do not** drive, operate machinery or drink alcohol for **24 hours** after the procedure.
 - Your judgement is impaired due to the effects of the medication you are given during the procedure.
- Before you go home, you will be given:
 - written discharge instructions
 - a strainer for your urine

Notes



Admitting Department (Main Floor)
Jim Pattison Pavilion
 899 West 12th Avenue
 604-875-4078 (Day Bed Unit)

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **FP.520.Ex87**

© Vancouver Coastal Health, May 2011

The information in this document is intended solely for the person to whom it was given by the health care team.

www.vch.ca