

GLOSSARY OF TERMS

Some of the terms used when talking about kidney stones and lithotripsy may be unfamiliar. Here are some helpful definitions:

Cytoscopy – A procedure used to examine the urinary tract and push a stone in the ureter back into the kidney for easier pulverization.

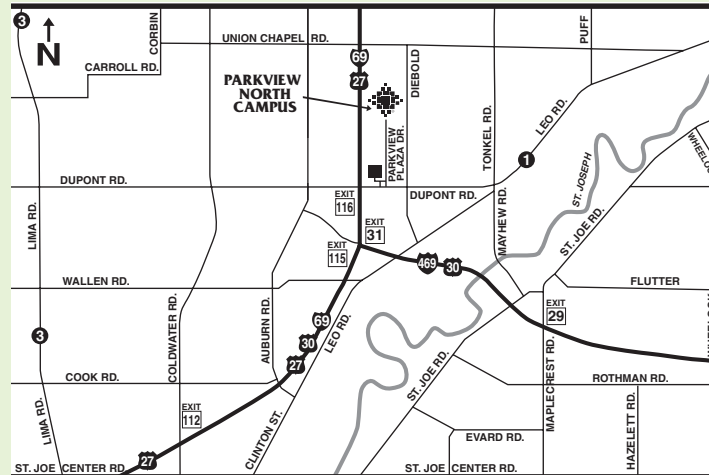
ESWL – An acronym for lithotripsy's full name, Extracorporeal Shock Wave Lithotripsy.

Shock Wave – A nonsurgical procedure that breaks up kidney stones using sound waves produced outside the body.

Percutaneous Nephrolithotomy – Also known as “tunnel surgery,” this treatment involves a small incision in the patient's back to make a narrow tunnel through the skin to the stone inside the kidney. With a special instrument, the physician can drain the urine or find and remove the stone.

Ureter – The tube that connects the kidney to the bladder.

Ureteral stent – A tube placed in the ureter to keep stones in the kidney while draining it.



DIRECTIONS TO PARKVIEW KIDNEY STONE CENTER:

Take I-69 to Exit 116 (Dupont Road). Turn east on Dupont and then north on Parkview Plaza Drive. Turn left at the stop sign and follow the curve in the road around to Entrance 3. Enter the Outpatient Services Center and take the elevator to the second floor. The Kidney Stone Center is in Suite 200.



Your guide to
Lithotripsy

PARKVIEW KIDNEY STONE CENTER

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 PARKVIEW
KIDNEY STONE CENTER



HOW LITHOTRIPSY WORKS

Lithotripsy refers to a noninvasive method of breaking up kidney stones using a device that produces shock waves. The shock waves are generated outside the body by a *lithotripter*, and they pass through the skin and body tissues until they hit the stones, which are much denser. The impact of the shock waves pulverizes the stones. Then the small particles pass through the urinary tract and are eliminated from the body in the urine. Occasionally, stones are too large or chemically unsuitable for lithotripsy.

WHO CAN BE TREATED?

Lithotripsy is an effective treatment for many kidney stone patients, but some situations may require a different approach.

- If the stone is too large, pulverization with lithotripsy may create too many particles for the urinary system to eliminate easily. Stent placement and/or a repeat procedure may be required.
- If the stone is too small or difficult to pinpoint, lithotripsy may not be used.
- Location or stone type may be a factor. Stones located in the kidney can be pulverized more easily than those in the ureter. Some stones are too dense and may not break up well.

ARE YOU A CANDIDATE FOR LITHOTRIPSY?

Your physician will assess your overall health in determining whether you may receive lithotripsy, using a number of tools:

- Blood tests
- X-rays
- Kidney function tests
- Pregnancy test (women younger than age 50)

If you will be receiving treatment, you will be asked to sign a consent form.

YOUR TREATMENT EXPERIENCE

Every treatment experience is unique. However, your experience will likely include general or regional anesthesia and some time in the recovery room.

You will be positioned on a special table that uses X-rays and computer technology to determine the exact location of the stone and accurately focus the shock waves. After administration of anesthesia, the lithotripter will generate the shock waves necessary to pulverize the stone. The procedure typically takes about an hour.

WHAT TO KEEP IN MIND

In most cases, patients can return to normal activity within hours of an outpatient lithotripsy procedure. Nevertheless, you may experience some discomfort until the stone fragments have passed from your body. Fever, intestinal upset, skin bruising and some blood in the urine are not unusual and should not be cause for alarm. Your physician will likely prescribe medication to lessen any discomfort. However, minor blockages can occasionally occur, so notify your physician if your discomfort is extreme.

FOLLOW THROUGH ON FOLLOW-UP

Your urologist will want to see you after the procedure. (A follow-up appointment in six weeks is typical.) He or she will assess the results of the lithotripsy and determine whether additional treatments are required. Be sure to take any medication your physician prescribes and follow his or her advice on reducing your risk of future kidney stone formation, such as lifestyle and diet changes.

Parkview Kidney Stone Center is located in the Outpatient Services Center on the Parkview North campus (see map on back).

