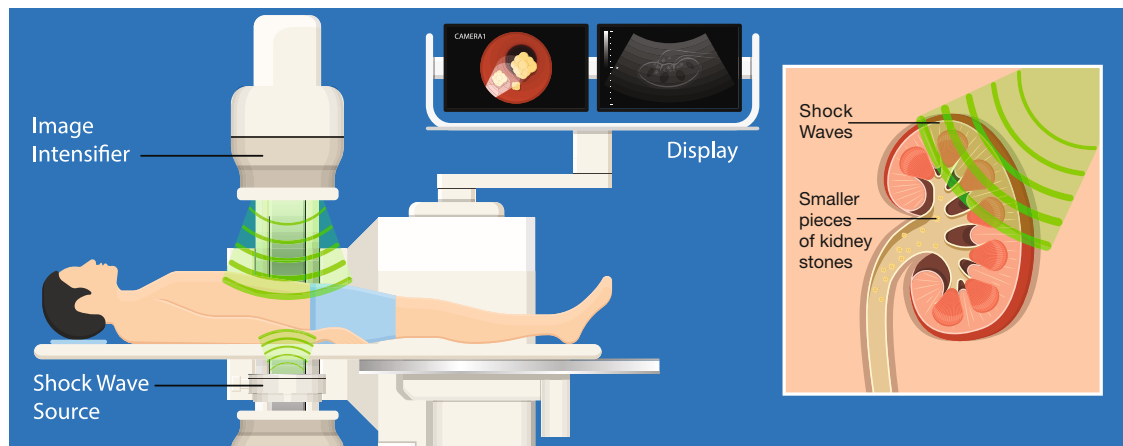


LITHOTRIPSY

A non-invasive procedure that uses high-energy shock waves or lasers to break down and eliminate bothersome stones in the kidney, quickly and effectively.



1. Stop taking blood thinners 4 days prior to the procedure, as these can interfere with your blood's ability to clot properly.
2. The procedure is completed in one sitting in a day, depending on the size and type of stones. The procedure usually takes about 30 to 90 minutes to perform.
3. You are settled comfortably in an area where you need to remove your ornaments, accessories, purse, belt etc.
4. Your vital parameters will be checked before the procedure.
5. During the procedure, the kidney waves are targeted using electromagnetic energy waves. They are passed into the body through a cushioned apparatus (part of lithotripsy machine). A computerised ultrasonography system is used to target the stones accurately. The waves break the stones into small fragments that are easily passed out of our urinary system.
6. A constant tik-tik sound comes from the lithotripter. It is heard during the entire process. If the sound irritates you, you can ask for soft, rubber disposable ear plugs available with the technician.
7. After the procedure, you will be required to spend about one hour in recovery / observation before being sent home.
8. During this time, some patients may experience bruising, soreness, giddiness and vomiting which will subside in some time.
9. You must drink plenty of water for several days after lithotripsy. This will help the kidneys flush out any remaining stone fragments. A diet chart is given to you that needs to be adhered to, post the procedure.
10. Some patients may experience slight pain or a burning sensation during urination, for which antibiotics are prescribed.