



Prevent Future Kidney Stones

Once you develop a kidney stone that requires treatment, your chances of developing future stones increases significantly. To decrease your chances of developing new stones, take the following steps:

- Follow your doctor's post-treatment instructions. Make sure that you schedule and keep follow-up appointments as instructed by your doctor so that your progress can be monitored.
- Drink plenty of fluids. Your doctor may recommend eight to 12 eight-ounce glasses of water per day.
- Eat a well-balanced diet rich in fruits and vegetables.

Kidney Stones - When to Call a Doctor

Call a doctor immediately if you have symptoms that suggest you have a kidney stone, such as:

- Severe pain in your side, abdomen, groin or genitals. It may get worse in waves.
- Blood in your urine.

Only your doctor can determine if lithotripsy is the right treatment for the relief of your kidney stone pain.

To learn more about lithotripsy,
visit the Surgical Services page at
www.smmccares.com

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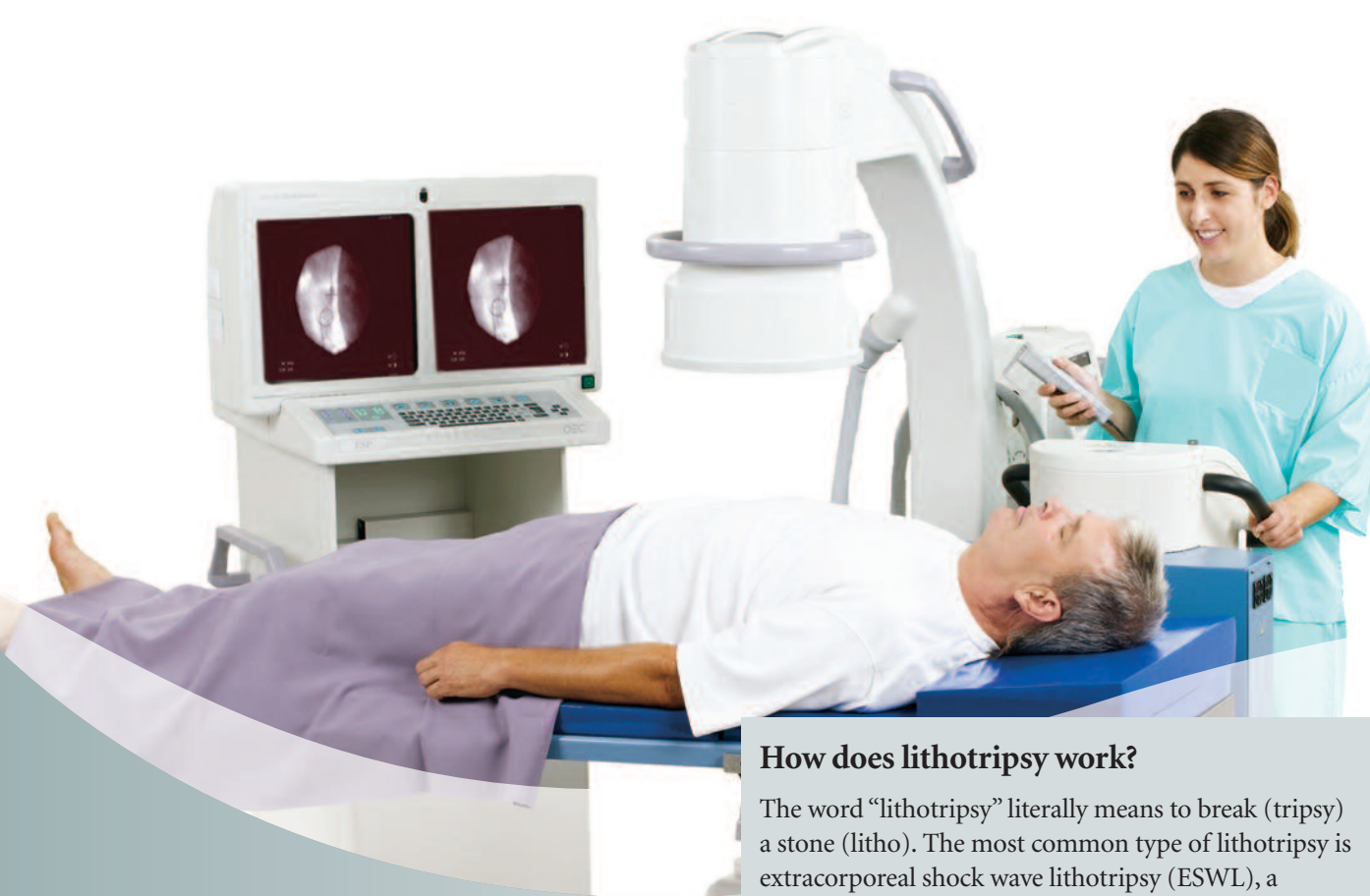
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LITHOTRIPSY

Treatment & Prevention of Kidney Stones



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What is a kidney stone?

A kidney stone is a hard, crystal-like mass that develops in the kidney. Under normal circumstances, your kidney will collect and dissolve your body's waste materials and send them to the bladder to be excreted. Kidney stones result when solid waste materials do not dissolve into the urine. Over time, these materials build up and form kidney stones.

In most cases, kidney stones are passed through the urine without even being noticed. However, in some cases, the stone becomes too large to be passed. These larger stones can block the flow of urine and cause severe pain in the back, side or abdomen. When this occurs, the stone must be treated in order to stop the pain and resume normal urine flow. The most common form of treatment for kidney stones is lithotripsy.

How does lithotripsy work?

The word "lithotripsy" literally means to break (tripsy) a stone (litho). The most common type of lithotripsy is extracorporeal shock wave lithotripsy (ESWL), a procedure that sends shock waves through the body to break the stone into pieces. It is a non-invasive procedure that can be completed in less than an hour.

On the day of your lithotripsy treatment, you may undergo x-rays and other diagnostic procedures so your doctor can locate and examine your stone. In most cases you will receive a general or regional anesthetic.

Your doctor will discuss your anesthesia options with you prior to the treatment.

Once you have been prepped, you will be placed on a treatment table and the location of your stone will be determined with an x-ray imaging device. The lithotripter will then be positioned next to your body and a soft rubber membrane will allow focused pressure waves to pass through your back to the precise location of the stone in your kidney. This will cause the stone to break into smaller pieces that can easily be passed through the urine.

How do I prepare for lithotripsy?

Your doctor will give you specific instructions about how to prepare for your treatment, but there are some general steps you should take to prepare. You should not eat or drink anything within 12 hours of your treatment. You should also not take any products that contain aspirin for 10 days prior to treatment unless instructed by your doctor. Make sure to let your doctor know if you are on any type of medication or if you may be pregnant. Your doctor may want to do a pregnancy test if you are of child bearing age. Also make sure to make arrangements to get home, as you should not drive for 24 hours after the treatment.

What should I expect after treatment?

Your doctor will give you instructions once the lithotripsy procedure is complete. Make sure to follow the instructions carefully. It can take up to several weeks to pass all of the stone fragments. Do not be alarmed if your urine is cloudy or contains small amounts of blood after the procedure; these are normal side effects of lithotripsy. However, you should notify your doctor immediately if you experience any of the following: fever over 100 degrees, heavy bleeding, excessive pain that does not respond to pain medication, vomiting or difficulty urinating.

In most cases, a single lithotripsy treatment will break your stone so it can be passed. However, in some instances, you may be required to undergo additional or different treatments to completely break the stone.

Patient care is the number one priority at Scenic Mountain Medical Center. We have chosen the Medispec E-3000 lithotripsy system to treat kidney stone patients because it offers powerful and reliable lithotripsy.