

Here are some reasons why **ESWL** is a great option for many patients:

- Non-invasive
- High success rate
- Safe and effective
- Avoids surgery
- Gets you back sooner to your daily activities!

Ask your Urologist today if ESWL (Litho) is a good option for you.



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**KIDNEY
STONES
HURT!**

**OPEN TO LEARN
MORE ABOUT
THE #1
NON-INVASIVE
PROCEDURE**



WHAT IS A KIDNEY STONE?

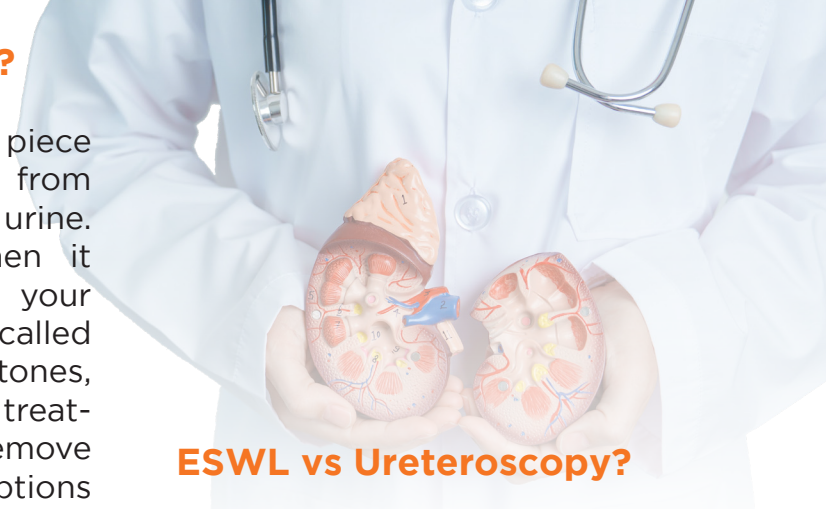
A kidney stone is a hard, small piece that forms inside your kidney from minerals and salts in your urine. It can cause severe pain when it moves from your kidney to your bladder through a narrow tube called the ureter. If you have kidney stones, your doctor can recommend treatments to help you pass them or remove them. One of the treatment options is ESWL (Extracorporeal Shockwave Lithotripsy) also known as: “Lithotripsy”.

WHAT IS EXTRACORPOREAL SHOCKWAVE LITHOTRIPSY OR ESWL?

It is a procedure used to treat kidney stones. During the procedure, high-energy shock waves are sent through your body to break up the kidney stone into smaller pieces, which can then pass out of your body in your urine.

ESWL is a non-invasive procedure, which means that no incisions are made in your body. You will usually receive sedation or anesthesia to help you relax during the procedure.

ESWL is a safe and effective treatment for most kidney stones and can help you avoid surgery. Your doctor will determine if ESWL is the right treatment for you based on your individual situation.



ESWL vs Ureteroscopy?

Another procedure for kidney stones is Ureteroscopy. Lets look at the differences between both procedures:

ESWL

- Non-invasive
- Uses shock waves to break up kidney stones
- Never require incisions
- Generally safe with rare complications
- Typically used for stones 2cm or less
- May require more than one session for larger stones

Ureteroscopy

- Invasive
- Uses a scope inserted into the urethra to locate and remove kidney stones
- Requires anesthesia and possibly incisions
- Generally safe with few complications
- Can be used for stones of various sizes
- Often completed in a single session
- Pain and discomfort due possibly to instruments used during the procedure
- Stones can be completely removed during the procedure
- Stent usually required post-procedure

WHAT HAPPENS BEFORE, DURING AND AFTER ESWL LITHOTRIPSY?

Before ESWL:

- Tests such as X-rays and ultrasound scans are done to locate the kidney stone and determine its size and location.
- Blood and urine tests may be done to assess your overall health.

During ESWL:

- You lie on a table while a lithotripter device sends shock waves through your body to break up the kidney stone into smaller pieces.
- You will typically receive sedation or anesthesia to help you relax and prevent pain during the procedure.
- The procedure usually lasts between 30 minutes to an hour, depending on the size and location of the kidney stone.

After ESWL:

- On rare occasions some patients might experience some discomfort, including bruising or soreness in the treatment area.
- Your doctor may prescribe pain medication or recommend over-the-counter pain relief to manage any discomfort.
- You may also notice blood in your urine or experience a burning sensation when you urinate, which is normal and usually resolves within a few days.
- It's essential to drink plenty of water after the procedure to help flush out the broken-up kidney stone fragments.
- Follow-up imaging tests, such as an X-ray or ultrasound, may be recommended to ensure that all the kidney stone fragments have passed out of your body.