



METROPOLITAN LITHOTRIPTOR ASSOCIATES, P.C.

Management services provided by ALLIED UROLOGICAL SERVICES, LLC

WHAT TO EXPECT FROM LITHOTRIPSY:



A GUIDE FOR PATIENTS AND THEIR FAMILIES

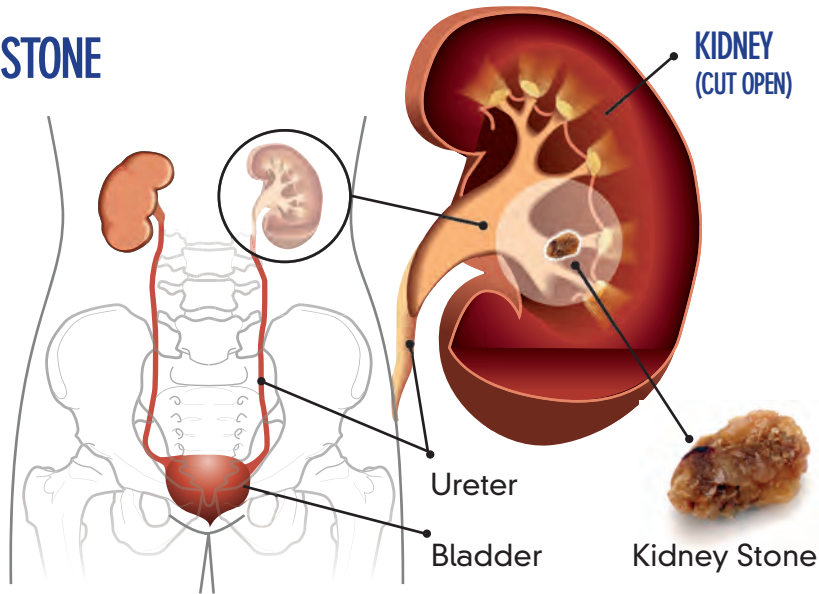


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WHAT ARE KIDNEY STONES?

Kidney stones, also called urinary stones or renal calculi, are mineral deposits formed in the kidneys. As blood flows through your kidneys, they filter impurities, excess minerals and waste products produced by cells throughout your body. The cleansed blood continues circulating while the trapped impurities remain behind, eventually mixing with water and leaving your body as urine. Sometimes the filtered minerals build up in the kidneys where they crystallize and develop into stones.

KIDNEY STONE



WHAT CAUSES KIDNEY STONES?

- If we don't drink enough water, our bodies can't produce a sufficient amount of urine to dilute mineral concentrations in the kidneys. Urologists recommend drinking eight glasses of water a day.
- Some people develop kidney stones because they eat an excess of spinach, chocolate or dairy products. These foods contain minerals such as calcium and salts such as oxalate.
- Kidney stones can also develop due to a family history or recent infection and/or urine flow obstruction. Men between the ages of 20-50 are particularly susceptible.

WHAT ARE SOME SYMPTOMS OF A KIDNEY STONE?

- Pain
- Blood in urine
- Burning sensation while urinating
- Fever
- Nausea



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LITHOTRIPSY: THE NONINVASIVE TREATMENT OPTION

Lithotripsy or ESWL (Extracorporeal Shock Wave Lithotripsy) is noninvasive and does not require an incision which greatly reduces discomfort, complications, and recovery time. During the procedure, a special machine called a lithotripter sends shockwaves harmlessly through the skin and muscles of the back and focuses directly on the kidney stone. The stone then breaks up into tiny pieces due to the force of the repeated shockwaves and passes naturally from the body during urination.



PREPARATION FOR LITHOTRIPSY

- Prior to your scheduled procedure, we will send you instructions, insurance forms and other paperwork. Please be sure to bring these materials with you on the day of your appointment.
- Do not eat or drink anything the day of your lithotripsy.
- Avoid taking aspirin, ibuprofen, or any drugs that interfere with blood clotting, seven to ten days before your procedure.
- Be sure to have an adult family member or friend to escort you home.



WHAT TO EXPECT DURING YOUR PROCEDURE

In addition to your urologist, an anesthesiologist will also remain by your side during the 20-30 minute procedure. The anesthesiologist will administer medication through an intravenous line to sedate you as you will be asleep for the duration of the procedure.

You will lie on the lithotripsy table prior to the procedure and be positioned so that the affected kidney is directly above and against a water-filled treatment port. The shockwave generator directs the pulses of energy through the treatment port directly to your kidney stone. Your urologist will intermittently evaluate the stone's fragmentation. Approximately 90% of all cases are successful after the first treatment. However, in some cases a second treatment is required at another time.

After the procedure, we will take you to the recovery room to rest before going home.

WHAT TO EXPECT AFTER LITHOTRIPSY

After your treatment, your kidney stone will have broken into small pieces, some the size of sand. The nurse will give you a special strainer called a stone interceptor cup. We will instruct you as to how to use the cup to strain your urine during the next several days.

When you strain your urine, it might look red. This is normal. It means some blood has mixed with the urine as a result of the shockwaves passing through the kidney. Bits of stone will naturally pass out of your body while urinating. Be sure to drink at least one to two quarts of water each day and avoid alcohol during the first 24 hours.

If you begin to pass clots each time you urinate, or if the urine looks thick and bright red, consult your urologist.

You might notice bruises on your back or along your side after your procedure. You can apply an icepack to the bruises if they become uncomfortable. If your physician gave you pain medicine, you may take as prescribed. However, avoid aspirin-containing drugs such as ibuprofen for the next 48 hours.



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