

Extracorporeal Shock Wave Lithotripsy (ESWL)

What is ESWL?

Extracorporeal Shock Wave Lithotripsy (ESWL) is a method of breaking up urinary stones in the kidneys or the ureters.

The procedure is done in the urology clinic and no hospitalization is required.

What Are Kidney Stones?

The function of the kidney is to filter waste products from the body into the urine. Under certain conditions, chemicals in the urine may form crystals, which combine to form a stone. Small stones may pass out by themselves during urination.



Preparations for ESWL

- Stop all traditional medicine or supplements.
- Do not bring any valuables or wear any jewelry on the day of procedure.
- Please arrange for an adult to accompany you back home after the procedure. If not, the procedure may be cancelled.
- If you are unable to keep your appointment, kindly call to inform us and request for a new date.
- If you are taking these medications, please follow this advice unless told otherwise by your doctor:
- Continue to take anti-hypertension/ anti-diabetes drugs as usual.
- If you are taking medications to prevent your blood from clotting, discuss with your doctor if there is a need to stop and for how long prior to ESWL. Eg. Blood thinning medication (such as Aspirin and Plavix)
- Date to stop: _____

Day before ESWL:

- For 24 hours, please go on a low-residue diet by avoiding vegetables, fruits, and whole grain products.
- At 8pm, please take 2 tablets of Bisacodyl 5mg, you will experience loose and frequent stools as Bisacodyl is a laxative. This will help clear your bowels to ensure clear ultrasound / X-Ray image of the urinary stone.

Day of ESWL:

- Please be punctual for your appointment.
- Should you be late, a new appointment based on existing waiting list may be given to you.
- At _____, take a light meal of two slices of bread 
- A cup of beverage (avoid coffee and tea) 
- Take 1 tablet of Arcoxia 120mg 30min before the start of treatment.
- Do not consume any food after
- Do not drive on the day of the appointment.

Post-procedure:

- You are advised to drink 6-8 glasses of water per day over the next 3 days.
- It is normal to see blood in the urine for several days.
- Slight bruising may be noted on the side of treatment.
- Normal daily activities and diet can be resumed after the procedure. Strenuous activity should be avoided for at least 48 hours after the treatment.
- If you were taking aspirin before the procedure, please consult your doctor when to restart the medication after procedure.
- Your review with the urologist will be scheduled about 1 month after the treatment. Generally larger stones may require more than one session of treatment.

When to Seek Medical Attention?

- Severe pain
- Persistent chills or fever of more than 38 degree Celsius
- Passing out heavily blood stained urine several times in a day



WH Contact Centre: 6363 3000
Monday to Sunday and PH: 24 hours

After office hour, to proceed to Emergency Department

Contributed by Urology

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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