



# Lithotripsy treatment of children

Lithotripsy treatment for kidney stones in the lithotripsy machine Mjöltnir has the purpose of breaking down or crushing crystal like substances (a stone or stones) that have formed in the kidneys.

## Preparing for the treatment procedure

You can have breakfast on the day before the procedure and after that only liquid food (doesn't have to be clear liquid diet) during the remainder of the day. It is necessary to fast and not drink anything for a period of two hours prior to the procedure.

## The day of the treatment procedure

You show up at the day ward 23E on the 3rd floor of the Barnaspítali Hringins children's hospital. From there the child will be taken to the Landspítali Hringbraut Hospital basement for X-rays and then transferred to the kidney stone lithotripsy machine Mjöltnir, which is located at the outpatient ward for urinary disease patients No. 11A on the 1st floor of Landspítali Hringbraut Hospital.

## The treatment procedure

The treatment procedure is performed under short anesthesia and takes about 40-60 minutes depending on where the kidney stone/stones are located. The child will be laying down on a special bench where shock-waves are directed at the kidney stone. A tiny amount of water is placed on the bench in order to increase the conductivity of the shock-waves. Following the procedure the child is moved to the intensive-care unit for wake-up and from there to the children's day ward. Discharge is planned for the same day.

## Pain

It is necessary to possess painkillers to be used if needed. If the child feels pain when a stone or fragments pass into the urinary bladder, drinking must be reduced because this could otherwise increase the pain.

## Food and drink

It is desirable to consume an adequate volume of fluid during the first two days following the treatment.

## Urination

The urine may be red or blood-coloured for several days and this would be normal.

**You need to contact Barnaspítali Hringins Children's Hospital if the following warning signs appear:**

- Pain does not subside with pain medication
- The body temperature is more than 38°C
- Those who reside outside the Reykjavik area should contact the health service centre or their family doctor. You can call the department if you have any questions.

Outpatient ward for urinary disease patients No. 11A is open weekdays between 8-16, except on Fridays between 8-12, Tel. 543 7100. Outside these hours you can contact Barnaspítali Hringins Children's Hospital in Tel. 543 3751.