

Lithotripsy treatment procedure

Lithotripsy treatment procedure for kidney stones in the lithotripsy machine Mjólnir has the purpose of breaking up or crushing crystal like substances (a stone or stones) that have formed in the kidneys. The treatment procedure is not intended for pregnant women.

Preparing for the treatment procedure

- Any use of blood-thinning drugs must be stopped at the right time in consultation with a nurse.
- You can have breakfast on the day before the treatment procedure and after that only liquid food (doesn't have to be clear liquid diet) during the remainder of the day.
- You need to fast and not drink anything for two hours prior to the treatment procedure.
- Because of the effect of the drugs that are administered during the procedure you are not allowed to drive a car until the next day, therefore it is necessary to make arrangements for your return home.

Day of the procedure

Show up for X-rays at the Landspítali Hringbraut Hospital basement and then go to the kidney stone lithotripsy machine Mjólnir at the outpatient ward for urinary disease patients No. 11A on the 1st floor.

The operation takes about 40-60 minutes depending on where the kidney stone/- stones are located. An assessment is made in each case whether there is need for any pre-anesthetic drugs. Painkillers are administered intravenously during the operation. The patient lays down on a special bench where shock-waves will be 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. There is also intravenous fluid injection and monitoring of the heart beat and of oxygen saturation. After the treatment procedure the patient can relax in the transit lounge or return back home.

Discharge

Pain

It is necessary to possess painkillers for use if needed. If there is pain when a stone or fragments pass into the urinary bladder, the volume of fluid consumed 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 days following the treatment, preferably approximately two litres per day.

Urination

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

Work

It is advisable to rest on the day of the treatment procedure

Cost

The treatment must be paid for. The charge is according to the Landspítali Hospital tariff.

Seek medical assistance if the following warning signs appear:

- The body temperature exceeds 38°C
- Pain does not subside with pain medication

Those who reside outside the Reykjavik area should contact the health service or their family doctor.

The Outpatient ward for urinary disease patients No. 11A is open on weekdays between 8-16, except on Fridays between 8-12, Tel. 543 7100. Outside of these hours it is recommended that you go to the emergency ward in Fossvogur.

Please note that the hospital will not be responsible for money or other valuables such as telephones, computers etc. which patients or their close family members bring with them. We draw your attention to the following: that the staff and students of the hospital are bound by confidentiality and may not discuss the affairs of patients in the ward. We want to ask you and your family members to please do not discuss what you may become witness to or hear about other patients.

Landspítali is a teaching hospital and students of health education and related subjects are spending part of their studies training at the hospital. Students watch and participate in the daily routine of patients and they are at all times the responsibility and under the supervision of their instructors.