

體外衝擊波碎石治療

簡介

體外衝擊波碎石治療技術是利用碎石機發出的衝擊波，經由皮膚與機器的接觸，聚焦傳送到結石，把結石震碎。擊碎的結石會從尿液自然排出。由於碎石是利用儀器在體外進行，故沒有傷口。這項治療無需全身麻醉，需時約一小時，一般無須住院。適用於治療腎石及輸尿管石。

較大和較堅硬的尿結石，可能需要超過一次的體外衝擊波石治療或結合其他療法，以達致最高療效。其他治療方法包括經皮穿刺腎鏡碎石法(用於治療腎結石)，輸尿管鏡碎石法(用於治療輸尿管結石)，腹腔鏡手術或傳統剖切手術。

準備工作

- 作有需要的化驗及X光檢查
- 依指示停止服用某些藥物，如阿士匹靈及其他抗凝血藥物
- 接受治療前三天需放瀉
- 治療前四小時開始禁食
- 依指示於治療當日準時到結石治療中心
- 經醫生解釋後，需簽署手術同意書

過程

病人需仰臥或俯臥於手術床上。用X光或超聲波確定結石之位置。由碎石儀器發出衝擊波將結石擊碎。整個治療過程需時約一小時。治療過程中，病人可能感到痛楚。有需要時，醫生會給予止痛藥來減輕痛楚。

護理和建議

- 如需要服藥請依從醫生的指示
- 多喝開水(每日約2-3公升，使排尿量達至每日2公升)
- 有均衡的飲食習慣，培養多吃高纖維食物，避免過量肉類。不吃太甜、太鹹和太肥膩的食物。以預防結石再生

併發症

- 腰部和小腹間有輕微痛楚。數天後消失
- 小便帶血和赤痛
- 常見的術後症狀包括接受治療部位的表皮會出現瘀痕，此表徵在一兩週後會消退
- 泌尿系統感染
- 碎石導致輸尿管堵塞
- 較少見的併發症包括腎積血

如有任何異常，請即回瑪麗醫院急症室求診。

以上資料由瑪麗醫院泌尿外科部提供




瑪麗醫院

Queen Mary Hospital

體外衝擊波碎石治療

EXTRACORPOREAL SHOCK WAVE LITHOTRIPSY

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Extracorporeal Shock Wave Lithotripsy

Introduction

Extracorporeal Shock Wave Lithotripsy (ESWL) is a procedure for fragmenting stones formed inside the urinary system. The stones are fragmented by shock waves generated by a special machine. The fragmented stones can then be passed spontaneously out along the urine stream. This procedure does not require anaesthetics nor hospitalization.

Sometimes, more than one treatment session is required according to size and structure of the stone or with the supplementary of other alternative treatment approaches like Ureteroscopic lithotripsy (for treatment of ureteric stone); Percutaneous Nephroscopic Lithotomy (for treatment of big or stubborn kidney stones); laparoscopic surgery or open surgery.

Preparation

- Relevant blood and urine tests together with radiological examinations will be arranged.
- Some medications such as anticoagulants and aspirin should be stopped according

to doctor advice.

- Laxatives will be prescribed to empty your bowels 3 nights before the procedure.
- You will be asked to stop eating and drinking for 4 hours prior to the procedure.
- Please attend the Lithotripsy Unit punctually.
- A written consent is required

Procedure

At the start of the procedure you will be asked to lie on the treatment table in either supine or prone position. The site of the stones will be identified and localized by X-ray or ultrasound screening. Shock wave generated by the machine will be directed to the target stone. There is no external wound created but you may experience some discomfort during the procedure. Analgesia is available to reduce your pain. The whole procedure lasts about an hour and hospitalization is usually not required.

Care and Advice

- Please comply with the medication regime as prescribed by your doctor.
- It is advised to drink 2-3 litres of water per day to increase the urine output to 2 litres a day. This will facilitate the

passage of stones.

- Stone formation may be prevented by a well balanced diet of high fibre, low salt, low fat and low sugar.

Potential complications

- Pain over the loin, lower abdomen and voiding of blood stained urine for the first few days after the procedure is expected.
- Bruising over the targeted skin site that will usually subside within 1-2 weeks.
- Urinary tract infection.
- Obstruction of the ureter by the stone fragments.
- Kidney bleeding in rare occasions.

Attend Queen Mary Hospital Accident & Emergency Department immediately if there is any suspicion of complication

Information provided by Urology Division, Department of Surgery, Queen Mary Hospital