

# ATLANTIC LITHOTRIPSY, LLC

# Patient Guide

Effective, Non-Invasive Surgical Treatment  
for Genitourinary Stones

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*Your physician may recommend that you have your urinary stone treated by a highly effective, non-invasive surgical procedure called lithotripsy. This procedure is truly state-of-the-art medicine, and it is much less painful and safer than open surgery. Lithotripsy allows you to recover more quickly than is seen with invasive procedures such as open surgery or ureteroscopy, where a scope is inserted through the bladder and into the ureter.*

*Your physician and Atlantic Lithotripsy, LLC have joined together to make this technology available to you.*

## What is Lithotripsy?

Extracorporeal Shock Wave Lithotripsy (ESWL) is an innovative, safe and effective way to treat genitourinary stones. "Lithotripsy" is derived from Greek words meaning "stone crusher." High energy shockwaves are produced by the lithotripter device, these traveling first through a water medium and then through the body causing no damage to living tissue. As the shock waves converge onto the hard stone, they shatter the stone into small particles that can be passed in the urine. Using this technology means that the patient is not subjected to any invasive procedures such as would be seen in treatments employing open surgical incisions or the use of ureteroscopic devices.

## Before Your Procedure

Before you have your treatment, your physician will order some blood tests and an imaging study of your urinary tract. On the day of your treatment please arrive at the treatment site at your appointed time. Remember, you will be receiving an anesthetic and you must not have anything to eat or drink after midnight. Wear comfortable clothes and make arrangements to have someone drive you home. A "support person" must be present to drive you home. Notify your urologist and anesthesiologist if you have any implanted mechanical devices.

## During Your Procedure

You will be assisted onto a flat table and an x-ray and/or ultrasound will locate your stone. Prior to the beginning of treatment you will receive anesthetic medication from an anesthesia provider. Shockwaves will be focused on and directed to your stone, these producing a muffled "fire cracker" sound. Approximately 2,500 shockwaves are utilized to break the average stone, and your treatment will last about one-half hour. After treatment you will be taken to the recovery area for a short stay.

## What to Expect After Your Procedure

You may have mild discomfort in your back or side after your treatment, and your physician may order medication for your discomfort.

It is not uncommon to have blood in your urine, but this should last only a couple of days. During urination you will pass stone particles following treatment, and this may continue for several weeks. Passage of stone fragments causes little discomfort for most patients, and, when you leave the treatment facility, you will be given material to filter the stones from your urine. It is very important that you collect these fragments, as an analysis of their content may determine future treatment for you.

It is absolutely necessary for you to see your physician for a follow up visit, as sometimes the stone is not completely broken and in rare cases the stone may lead to a blockage of drainage from the effected kidney.

Most patients return to normal activities within 24 hours of treatment. If you have any questions or concerns about lithotripsy, please speak with your urologist.

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