

WHAT CAN I EXPECT FOLLOWING TREATMENT?

Before leaving the hospital, you will receive discharge instructions. Please read and follow them carefully. It may take up to a few weeks for all of the particles to pass that are going to pass. Your side or back may be sore for a brief period from the treatment itself and depending on the size of the stone particles, you may or may not experience pain. Particles may occasionally remain in the kidney even if good fragmentation occurs. If large fragments or a collection of smaller fragments gets stuck in the ureter, other treatments such as ureteroscopy may become necessary.

Your physician will have you return to the office for a follow-up exam and X-rays to determine the next steps in your care plan. Because there is a limit to the amount of energy that can safely be applied to the kidney during one treatment, a large or unusually hard stone may require more than one ESWL treatment. An occasional stone may prove to be too hard to fragment and then require other surgical forms of treatment.

CALL YOUR PHYSICIAN IF:

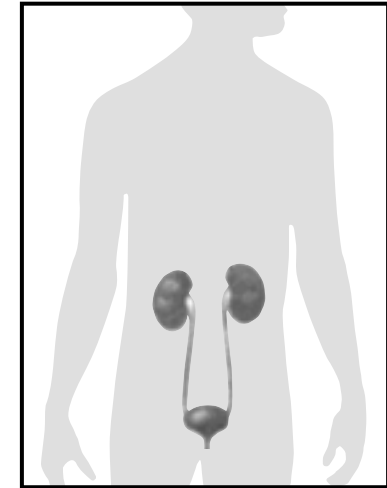
- You have fever over 100 degrees.
- You have severe flank pain unrelieved by pain medication.
- You have trouble urinating.
- You bleed heavily in your urine after lithotripsy (a small amount of blood in your urine is normal).
- You have nausea that doesn't go away.

For more information, please visit our website at www.lithomanagement.com

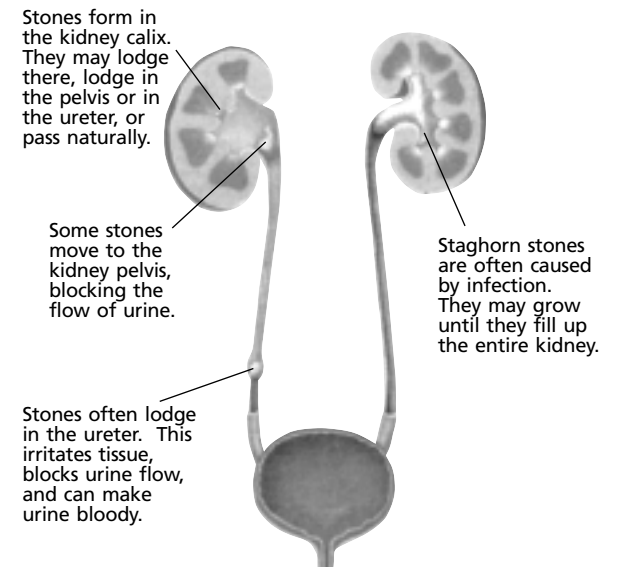
Provided by:



UNDERSTANDING KIDNEY STONES AND LITHOTRIPSY



Your kidneys filter your blood and release chemicals into the urine.



Where Stones Form and Lodge.

WHAT ARE KIDNEY STONES?

Most kidney stones are crystalline masses of calcium oxalate, a hard salt compound, which can vary in size from a grain of sand to over an inch in diameter. They form gradually and are found anywhere in the urinary tract. Often the cause is unknown, but experts suggest age, diet, climate, infection and heredity as possible factors.

When stones grow too large to pass out of the body naturally, they can obstruct normal urine flow and cause sudden, severe pain. Other symptoms may include bloody urine, pain while urinating, infections and nausea. Permanent relief can only be obtained by removal of the stone.

WHAT TREATMENT IS AVAILABLE?

Depending upon the size, number, location and type of stone, as well as other factors, stones may be appropriately treated by ESWL (Extracorporeal Shock Wave Lithotripsy), endoscopic or open surgical techniques. Your urologist can discuss the relative merits of the various treatments for your particular situation.

WHAT IS LITHOTRIPSY?

The lithotripsy system generates low energy wave impulses, which are focused on the kidney stone, causing it to break into tiny particles. These small fragments can then be passed naturally from the urinary system.

WHAT WILL I NEED TO DO PRIOR TO TREATMENT?

Your physician's office will arrange a date and time for your treatment. Do not take any aspirin containing products for 10 days prior to treatment unless otherwise specified by your physician. If you take any medications on a routine basis, discuss with your physician whether or not to take them on the day of your treatment. If you are diabetic and require insulin, be sure to ask your physician the correct dosage of insulin you should take the morning of treatment.

PLEASE NOTIFY YOUR PHYSICIAN IF YOU ARE OR MIGHT BE PREGNANT, HAVE A PACEMAKER OR HAVE ANY UNUSUAL BLEEDING TENDENCIES.

You will be instructed to be at the hospital several hours before treatment in order that lab work and X-rays can be performed, if necessary. You will need to make arrangements for a friend or family member to take you home afterwards and will not be allowed to take public transportation or a taxi. You should not drive until the next day.

Lithotripsy Appointment Information:

Date: _____

Facility: _____

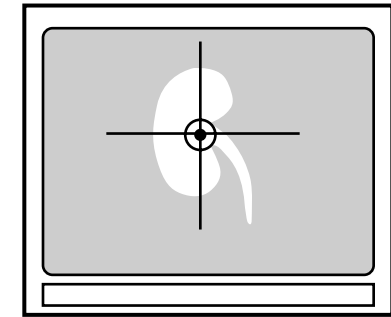
Arrival Time: _____

Physician: _____

DO NOT EAT OR DRINK ANYTHING FOR 12 HOURS PRIOR TO YOUR TREATMENT

RECOMMENDED BY PHYSICIANS

Your physician may have an ownership interest in the treatment unit. You should discuss this with your physician as you do have a right to receive this treatment anywhere. If your physician is invested, it's because he feels his involvement is the best way to ensure quality care for his patients.



WHAT CAN I EXPECT DURING THE TREATMENT?

Hospital personnel will bring you to the treatment unit. Before beginning treatment, you will be comfortably positioned on the treatment table. The wave applicator will be placed against your side. The applicator will direct a series of wave impulses which pass harmlessly through your body. These impulses are then absorbed by the stone and cause it to fragment.

You will feel a tapping sensation where the applicator contacts your skin and hear a clicking noise from the machine. You will receive intravenous medication during the procedure to promote your comfort. Each wave lasts only $\frac{1}{2}$ second and the entire procedure will take approximately one hour.

Following treatment, you will be taken to a recovery area to be observed for a short period of time.