

Lithotripsy treatment procedure

Lithotripsy treatment procedure for kidney stones in the lithotripsy machine Mjölfnir 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 procedure

- Any use of blood-thinning medications must be stopped at the right time in consultation with a nurse.
- Eating breakfast the day before the procedure is allowed, but for the remainder of the day only food in liquid form may be consumed (the liquid does not need to be clear). Starting at midnight, only clear liquids (i.e. water, clear juice, tea or coffee without milk) may be consumed up until two hours before arrival at the hospital.
- 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

Arrive up for X-rays at the Landspítali Hringbraut Hospital basement and then go to the kidney stone lithotripsy machine Mjölfnir located at the Urinary disease department 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 procedure the patient is discharged home.

Discharge

Pain

Over the counter pain medication may be used according to package instructions as needed. If there is pain when a stone or fragments pass into the bladder, reduce the amount of fluid consumed. Once the pain has passed, resume drinking fluids as before.

Food and drink

It is important to consume enough fluids during the first days following the treatment, preferably about two litres per day.

Urination

It is normal for the urine to be red or blood-colored for several days.

Work

It is recommended that you rest on the day of the procedure.

Cost

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

Seek medical assistance at the emergency room in Fossvogur if the following warning signs appear within two weeks after the procedure:

- 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 11A for urinary disease patient is located at Hringbraut and is open on weekdays between 08:00-16:00, except on Fridays between 08:00-12:00, Tel. 543 7100. Outside of these hours it is recommended that you go to the emergency room in Fossvogur.