

## 预约服务

服务必须经由本院或访院医生预约。如欲经由本院医生转介者，请联络本院门诊部，电话：2200 3102；如经由访院医生转介，可由访院医生与本部门联络

## Appointment

Booking are arranged by the referring doctors. Please contact your doctor or the Outpatient Department of our hospital at 2200 3102

## 查询详情

阁下如欲了解服务详情，可致电本中心：(852) 2200 3242

## Enquiry

Please contact 2200 3242 for further information

## 参考数据 / References:

欧洲泌尿外科学会体外碎石指引 / 医院管理局智友站

Walsh, P. C., Retik, A. B., Vaughan, E. D. & Wein, A. J. (2002). Campbell's Urology. (8th ed.). Philadelphia: Saunders.

生效日期：二零二二年三月一日

Effective Date: 1 March 2022

PFE-EPI-6-010



Tel: 22003434

Website: [www.sth.org.hk](http://www.sth.org.hk)

- 本院设有「八达通」时钟泊车服务  
We provide Octopus hourly parking service
- 公共小巴绿色专线 / Green Line Public Bus: 2, 17M, 25M, 46, 70
- 红色非专线: 旺角往新蒲岗/黄大仙/九龙城  
Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin/Kowloon City
- 公共巴士 / Public Bus : 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- 港铁 / MTR
- ※ 乐富站换乘的士约五分钟到达 Lok Fu Station: 5 mins by taxi
- ※ 旺角站换乘非专线小巴(近先达广场)至露明道  
Mongkok Station: by red line minicab, get off at Lomond Road
- ※ 宋皇台: B1 出口, 可步行 5-10 分到达 Sung Wong Toi: Exit B1, about 5-10 minutes walk
- 东铁 / East Rail Line
- ※ 旺东可换乘的士约五分钟到达 Mongkok East: about 5 minutes by taxi
- ※ 九龙塘可换乘专线小巴 25M 至界限街 Kowloon Tong: by green line bus no. 25M
- ※ 复康巴士电召服务 / Rehabus (Dial a Ride) : 28178154



St. Teresa's Hospital  
聖德肋撒醫院

# 体外碎石疗法

## Extracorporeal Shock Wave Lithotripsy (ESWL)

## 程序简介

## Examination Information



# 体外碎石疗法

## ESWL

### 体外碎石暨泌尿外科中心

### Lithotripter & Urology Centre

圣德肋撒医院 太子道 327 号

327, Prince Edward Road, St. Teresa's Hospital

东座四楼 / Block East 4/F

电话 / Tel: (852) 2200 3242

办公时间 / Working Hour:

星期一至星期五 Mon to Fri: 08:00 to 16:00

星期六 Sat: 08:00 to 12:00

星期日及公众假期休息

Closed on Sunday and public holidays

### 简介

体外碎石疗法为尿道结石患者提供非侵入性之手术疗法。利用冲击波原理将患者体内之尿道结石震至小碎块，以方便经尿道自然排出。适合之结石包括肾结石，输尿管结石，及膀胱结石。

### Introduction

ESWL offers a non-invasive surgical treatment to patients with urinary tract stones. The shock wave will break the urinary stone into small fragments, in order to facilitate natural and spontaneous passage through the urinary system. Stones suitable for ESWL include kidney stones, ureteric stones, and bladder stones.

### 检查过程

病者躺卧于治疗床上，结石经 X 光或超声波描准器锁准，震波经背部或腹部皮肤传入体内，并将震力核心集中于结石，使震碎为小块。过程中，医生可能会选用注射镇痛剂、镇静剂或监测麻醉等方式以减少病者于治疗过程中所感到之不适。

### Procedure

The patient is positioned on the therapy couch. The stone is located either by X-ray and/or by ultrasound. Shock wave is then general from the lithotripter, and is focused onto the stone in order to break it into small fragments. Intravenous pain-killers, other relevant medicine or monitored anesthetic care are the options to reduce patient's discomfort during the procedure.

### 治疗后常见现象及可能之并发症

- 血尿或维持一至数天
- 受震波影响之皮肤出现短暂红斑
- 自然排石期间或有痛楚
- 内部出血，如肾包膜内出血
- 碎石引至尿道阻塞
- 尿道感染
- 其他内脏受损(罕见)
- 死亡(极罕见)

### Common post ESWL phenomena & possible complications

- Blood may be noted in urine for up to a few days
- Some rash/mild bruising on the skin in contact with the shock wave head
- Could be some aching and pain during the period of stone passage
- Bleeding around the kidney
- Stone fragments blocking up the urinary tract
- Infection
- Damage to other internal organs (rare)
- Death (very rare)