

Signs and Symptoms 尿路結石的病徵

Urinary stones usually remain symptomless until they move into the ureter. When symptoms become apparent, they may include:

- + Severe pain
- + Nausea or vomiting
- + Blood in the urine
- + Fever or chills if there is an infection
- + Frequent urination (dysuria)

Most health examinations include urine tests, and an excessive number of red blood cells in the urine may be an early symptom of urinary stones.

腎結石的患者大多沒有症狀，不過，如果結石從腎臟掉落到輸尿管，造成堵塞，便有可能出現如絞痛等較明顯的病徵。常見徵狀包括：

- + 絞痛
- + 噁心、嘔吐
- + 血尿
- + 感染及寒顫
- + 排尿習慣改變

此外，健康檢查大多包括尿液檢查。如果發現尿液所含的紅血球數目過多，有可能是腎結石的早期徵兆。

Appointment & Enquiries 預約及查詢

For further inquiries, please contact the Lithotripsy Center by phone or visit our website.

如欲進一步查詢，歡迎致電本院體外碎石中心與我們聯絡，或瀏覽本院網站。

Telephone 電話: 2275 6240

Website 網站: www.twah.org.hk

Like us on

Hong Kong Adventist Hospital - Tsuen Wan



Map 路線圖



Bus 巴士

- | | | |
|-----|------------------------|-------|
| 39A | Tsuen Wan West Station | 荃灣西站 |
| 39M | Tsuen Wan MTR | 荃灣港鐵站 |
| 30X | Whampoa Gardens | 黃埔花園 |
| 30 | Cheung Sha Wan | 長沙灣 |

To the Hospital Via Castle Peak Road:
+ Alight at Tsuen King Circuit Flyover
+ Take the bus in front of Tsuen King Circuit Police Station

所有行經青山公路荃灣段之巴士：
+ 於荃景圍天橋站下車，
+ 然後步行至荃景圍警署轉乘巴士到醫院。

Minibus 專線小巴

- | | | |
|-----|---------------------------|-------|
| 95M | Tsuen Wan MTR | 荃灣港鐵站 |
| 95 | Nina Tower | 如心廣場 |
| 84 | Tsuen Wan Chung On Street | 荃灣眾安街 |

A 24 hour Urgent Care Center

Adventist Health 港安 Hong Kong Adventist Hospital · Tsuen Wan
香港港安醫院·荃灣

Address 地址: 199 Tsuen King Circuit, Tsuen Wan, N.T.
新界荃灣荃景圍199號

Telephone 電話: (852) 2275 6688

Fax 傳真: (852) 2275 6767

Website 網站: www.twah.org.hk

Valid date 有效期至: 2019/12/31

The Hospital reserves the right to change or amend details without prior notification.

For the latest information, please visit our website at www.twah.org.hk

如有任何資料調整或變更，本院毋須另行通知。

如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

Adventist Health 港安

Hong Kong Adventist Hospital · Tsuen Wan

香港港安醫院·荃灣

Extracorporeal Shock Wave Lithotripsy
體外碎石服務



Extracorporeal Shock Wave Lithotripsy

Extending the Healing Ministry of Christ
延續基督的醫治大能

4 Hong Kong Adventist Hospital – Tsuen Wan Lithotripsy Center 香港港安醫院—荃灣體外碎石中心

The Lithotripsy Center at Hong Kong Adventist Hospital – Tsuen Wan is equipped with the latest technology and managed by an experienced team of urologists, medical staff and other health care professionals to ensure you receive the best care and treatment for urinary stones.

In accordance with the “Total Health” concept of our hospital, our dedicated nephrologists, registered dietitians, and Lifestyle Educators – Nurses of Life Management Center provide lifestyle and dietary advice to help prevent future recurrences.

香港港安醫院—荃灣體外碎石中心配備先進儀器，由富經驗的泌尿科專科醫生及護理人員組成醫護團隊，為病人提供專業診斷和治療。

秉承本院著重「預防醫學」的理念，本中心亦注重提高預防疾病的意識。病人可聽取由腎臟科專科醫生、營養輔導和健康生活導師提供的營養和生活指導，通過改善飲食和生活習慣，以減低復發風險。

4 What is Extracorporeal Shock Wave Lithotripsy? 甚麼是體外碎石？

Extracorporeal shock wave lithotripsy (ESWL) is one of the most frequently used medical procedures for the treatment of urinary stones. During lithotripsy, carefully directed shock waves pass through the body to hit the stone, causing it to crumble into sand-like particles which then pass through the urinary tract.

體外碎石乃常用的尿路結石治療方法。利用碎石儀器發放衝擊波直達結石，將其擊碎。治療後，被擊碎的結石將隨尿液排出體外。



4 The Advantages of ESWL 體外碎石的優點

- + Low risk + 風險低
- + Minimally invasive + 微創治療
- + Minimal pain + 痛楚輕微
- + Short recovery time + 康復期較短
- + High success rate + 成功率高
- + Minimal radiation exposure + 輻射量低

4 Can Anyone with Urinary Stones Receive ESWL? 任何人都可以接受碎石治療嗎？

Although ESWL is a minimally invasive procedure, the treatment may not be suitable for everyone. If you have symptoms of urinary stones, please consult your doctor or urologist to determine the best course of treatment.

碎石治療是一種微創外科手術，但並非所有人適用。如懷疑自己患有結石，或出現尿路結石的病徵，宜諮詢醫生的專業意見。

4 體外碎石治療過程 The Procedure

You will be asked not to eat or drink for six to eight hours prior to the procedure, and a blood test may also be required. Intravenous sedation offered by a urologist or Monitored Anaesthesia Care (MAC) by an anesthetist may be used for pain management during ESWL, which is performed under X-ray or ultrasound guidance. This allows the stone to be accurately targeted, thus maximizing stone fragmentation. Your condition will be closely monitored throughout the duration of treatment.

治療前，病人須空腹6至8個小時，並可能需要接受抽血檢驗，以確定身體狀況。治療開始的時候，醫生會為病人注射適量藥物，或由麻醉師進行監察麻醉，以減輕可能出現的不適。然後，利用X光檢查或超聲波以確定碎石位置後，接着由碎石儀器發出衝擊波，擊碎結石。治療期間，醫護人員會不停地記錄病人的各項生理指數，以監護其身體狀況。

4 Potential Side Effects and Complications 可能出現的副作用和併發症

Usually, side effects following the procedure are mild. These may include pain in the loins and lower abdomen, or blood in the urine. Potential complications include incomplete stone passage, bleeding under the kidney capsule, and ureteric blockage by stone fragments. Although the risks associated with ESWL are relatively low, you should consult a doctor for diagnosis and treatment in case complications arise.

治療後，可能產生暫時性的不良影響，但大多屬輕微和短暫的，如腰部和小腹間感到輕微痛楚，於尿液中發現少量血液等。體外碎石治療的風險雖然較低，但是，仍強烈建議在治療前向您的醫生查詢。

4 What are Urinary Stones? 甚麼是尿路結石？

Urinary stones are the result of a build-up of minerals from the urinary system, such as the kidney, urethra, and bladder. They can grow to the size of a table tennis ball or may be as fine as sand. Urinary stones that remain inside the body may lead to pain, discomfort, or even affect kidney function.

尿路結石乃結集於泌尿系統（如腎臟、尿道和膀胱）的石化尿液沉澱物，體積可以細如沙礫，也可以大如乒乓球，並且有機會引起痛楚和不適。萬一處理不當，有機會破壞腎臟功能，可引致嚴重後果。

4 Who is at Risk? 高危人士

Urinary stones are four times more common among males than females, and usually occur between the ages of 30 and 50. A previous urinary stone occurrence increases a person's risk of developing subsequent stones in the future.

尿路結石是一種常見且擾人的疾病，30至50歲年齡人士較易患上，男性發病率為女性的4倍，且復發率頗高。



Extracorporeal Shock Wave Lithotripsy (ESWL) Treatment

 ESWL Treatment	Price
For ESWL of a single stone on the same side	\$17,750

Terms and Conditions

Including:

- + Up to three treatment sessions for the same stone within six months without additional machine usage charge
- + Recovery room charge
- + Nursing care

Excluding:

- + Doctor's fee
- + Medication fee
- + Accommodation

Important Information

- + Treatment of some stones may require more than one session of ESWL. In certain cases, stone fragmentation and clearance may not be immediate, and additional ESWL sessions or other supplementary surgical procedures may be necessary.
- + To prevent recurrence of stone formation, all patients undergoing Extracorporeal Shock Wave Lithotripsy (ESWL) treatment are recommended to join the nutritional assessment program for advice and support on dietary modifications. For details, please call our dietitian at 2276 7338.
- + Inpatient services are available as needed. Please refer to our staff for further details.
- + The Urologist reserves the right to decide whether there is a package suitable for the needs of a particular patient.
- + The Hospital reserves the right to change or amend details without prior notification. For the latest information, please visit our website at www.twah.org.hk

Appointment & Enquiries

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Valid date : 2019/12/31



體外衝擊波碎石治療

體外衝擊波碎石治療套餐	收費
單側治療 (一顆結石)	\$17,750

收費細則

費用包括：

- + 同一顆結石在6個月內接受不超過3次療程的儀器費用
- + 復甦室費
- + 護理費

費用不包括：

- + 醫生費
- + 藥物費
- + 住宿

注意事項

- + 病人未必接受一次體外碎石後就得到完全的治療。某些情況下，體外碎石非即時可見成效，可能需以其他外科手術輔助，或增加體外碎石治療次數。
- + 參加體外衝擊波碎石治療人士，可參加由本院註冊營養師主理的「營養評估及輔導」，透過調整飲食習慣減低復發風險，歡迎致電2276 7338查詢。
- + 本院亦備有住院服務，切合不同人士的需要，詳情歡迎向本院職員查詢。
- + 泌尿科醫生有權決定套餐是否適用於該病人。
- + 如有任何資料調整或變更，本院毋須另行通知。如欲查閱最新資料，請瀏覽本院網站 www.twah.org.hk。

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