



INTERVENTIONAL GASTROENTEROLOGY

Simon K. Lo, MD ▪ Laith H. Jamil, MD ▪ Srinivas Gaddam, MD, MPH ▪ Quin Y. Liu, MD ▪ Stephen J. Pandol, MD

PROCEDURE INFORMATION

Patient name:

Date of Birth:

Procedure: ESWL (SHOCKWAVE LITHOTRIPSY FOR PANCREATIC STONES)

Date of Procedure:

Check-in Time:

Cedars-Sinai Medical Center
South Tower
8700 Gracie Allen Drive
Los Angeles, CA 90048

- Check in at the registration desk on the Street Level of the South Tower
- Please see “Physician Pre-procedure Order Sheet” for your pre-procedure testing requirements
- If you have questions about this appointment, please call our office at (310) 423-6082 between 8am and 5pm, M-F
- You **must** arrange a ride and have a responsible adult take you home after the procedure

ALL REQUESTED PRE-PROCEDURE TESTING RESULTS MUST BE RECEIVED AT LEAST 24 HOURS PRIOR TO YOUR PROCEDURE TO AVOID CANCELLATION

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Mailing Address: 8700 Beverly Blvd. South Tower, Suite 7511 ▪ Los Angeles, CA 90048
Toll Free: (888) 3-GI-DEPT ▪ Tel: (310) 423-6082 ▪ Fax: (310) 423-1826



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EXTRACORPOREAL SHOCK WAVE LITHOTRIPSY (ESWL)

The goal of Extracorporeal Shock Wave Lithotripsy (ESWL) is complete or partial fragmentation of one or more pancreatic stones to facilitate ERCP extraction.

Contraindications for lithotripsy include, but are not limited to, the following:

- Pregnancy
- Aortic aneurysm
- Certain bleeding conditions
- Certain skeletal deformities that prevent accurate focus of shock waves
- Implantable devices, such as insulin pumps and pain pumps
- Ventricular arrhythmias.
- Calcified aneurysms
- Duodenal varices
- Cirrhosis
- Multiple pancreatic duct strictures
- Pancreatic ascites
- Splenomegaly
- Poorly controlled hypertension (increases bleeding risk)
- Pseudocysts
- Pancreatic head mass
- Active cholangitis

Please notify us immediately if you have a history of any of the medical conditions above.

IN PREPARATION FOR YOUR PROCEDURE

- Please have your pre-op testing results faxed to us at least one week before your appointment
- *If you are on **blood thinners**:*
 - In most cases, you may need to hold **blood thinner medications** (i.e. Coumadin, Plavix, Xarelto, Eliquis, Pradaxa, etc) several days prior to your procedure BUT follow the guidelines recommended by the prescribing provider, who will need to provide us with documentation of **cardiac and/or medical clearance** for the procedure. If you have questions about these medications, please call our office at (310) 423-6082 and ask to speak to a nurse.

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5 DAYS PRIOR TO YOUR PROCEDURE

- Stop taking **Iron** and **NSAID medications** (anti-inflammatory medications such as ibuprofen (Advil, Motrin), Celebrex, etc.). **Aspirin 81mg** is okay to continue.
- *If you are **diabetic or taking insulin**:*
 - Please notify your provider that you will be fasting for at least 8 hours. Please hold your diabetic medications the day of the procedure or as instructed by your provider and check your blood sugar accordingly.
- One of our nurses will call you before your procedure to review instructions and health history and answer any questions you may have. **Please have your medication list available.**

NOTHING TO EAT OR DRINK AFTER MIDNIGHT on the evening prior to your procedure.

THE DAY OF YOUR PROCEDURE:

- You may take certain **blood pressure or heart medications** at least two hours prior to your scheduled procedure time with a sip of water.
- Please bring your **photo I.D. and insurance card.**
- **Please check in at the Registration Desk in the lobby of the South Tower (street level) by your check in time stated above.**
- **You must arrange a ride and have a responsible adult take you home after the procedure** since you will be receiving sedative medications and will not be allowed to drive yourself home or ride public transportation such as a taxi by yourself. If you are planning to take a taxi service, a family member or a friend must accompany you home. Please have their contact information available.
- Dress comfortably and leave all valuables at home.

LOCATION:

- Your procedure will take place on the 7th floor of the South Tower at Cedars-Sinai Medical Center located at 8700 Gracie Allen Drive in Los Angeles, CA 90048. **You will check in at the Registration Desk on the street level of the South Tower then proceed to the 7th floor for your scheduled procedure.** Follow the signs to the “GI Endoscopy Unit”.

PARKING:

- Validated parking (\$5.00 flat fee) is available in Parking Garage P4 (Sherbourne Drive), Spielberg Visitor Parking (P2), and North Tower Visitor Parking P1 (George Burns Road). Valet parking is available in P3 for an additional fee. Please refer to the map attached.
- We **cannot** validate parking for the East and West Medical Office Parking Tower.

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AFTER YOUR PROCEDURE:

- You may be admitted to the hospital overnight following your ESWL and ERCP procedures.
- It is common to experience bruising at the site of the shockwaves, as well as a sore throat from the ERCP which should get better in 2-3 days.
- Once you are discharged from the hospital, a nurse from our office will call you to follow up and discuss any recommendations from the physician.
- If a temporary **pancreatic duct stent** has been placed, the physician may order an **abdominal x-ray** to be completed 7-10 days after your procedure.
- **If you have a fever greater than 101F, chills, increasing abdominal pain, vomiting of blood, black stools, or bright red bleeding, please go to your nearest emergency room to be evaluated.**
- If the doctor has taken any biopsies, it takes 3-5 business days on average to receive results. Once the doctor has reviewed results, we will contact you with any recommendations.

MEDICAL RECORDS:

- A copy of your procedure note and results will only be faxed to **your referring physician** once it has been finalized by our physician.
- You may request a copy of the finalized reports for personal use through our **Health Information Management Department**, Phone: (310) 423-2259. A copy of the form you must sign can be found on the Cedars-Sinai Website at <http://www.cedars-sinai.edu>

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DRIVING DIRECTIONS & PARKING INFORMATION

<p>Our clinic is located at: Thaliens Health Center 2nd Floor Room E204 8730 Alden Drive Los Angeles, CA 90048</p>	<p>Our procedure area is located at: Cedars-Sinai Medical Center GI Endoscopy Unit – South Tower, 7th Fl 8700 Gracie Allen Drive Los Angeles, CA 90048</p> <p><i>You must check-in with the Registration Desk on the Street Level of South Tower if you have a procedure.</i></p>
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San Fernando Valley or Ventura County

Take 101 South to 405 South to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

LAX, Beach Cities, or Orange County

Take 405 North to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

Pasadena, Duarte, or Cities near the 134 and 210 Freeways

Take 110 South to 10 West. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

Monterey Park, El Monte, Baldwin Park, or Cities near the 10 and 60 freeways

Take 10 West. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

Westwood, Sherman Oaks, or Van Nuys

Take 405 South to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

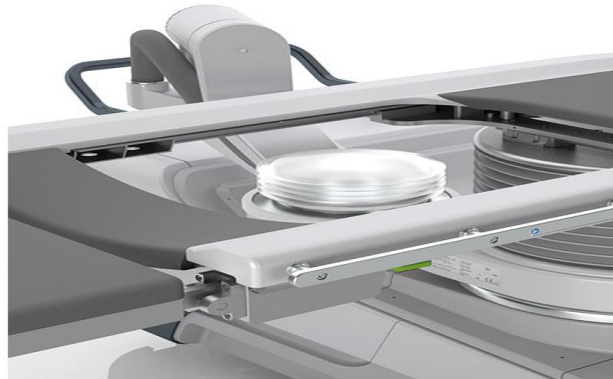
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Extracorporeal Shockwave Lithotripsy (ESWL) for pancreatic duct stones

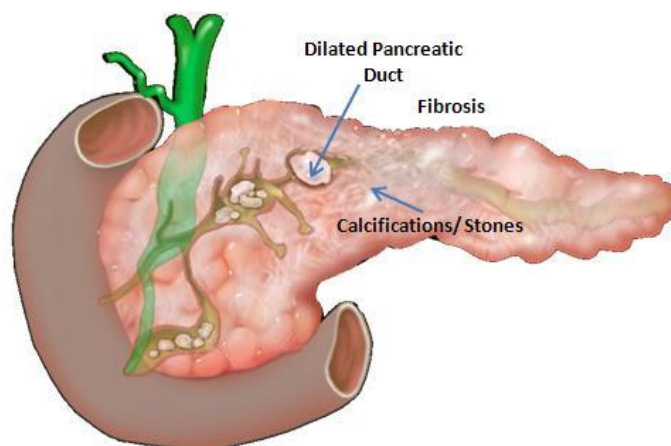
What is ESWL?

You are having an ESWL because you have pancreatic duct stones. The procedure uses shock waves to break up the stones into smaller stones.



About pancreatic stones

Pancreatic stones form within the pancreatic duct. The stones can cause a blocked duct, pain, sickness, and acute pancreatitis which is an inflammation of your pancreas. Sometimes, you will need more than one session to break up the stones. ESWL takes about one to two hours.



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Risks

There are risks with radiation. Your doctor will tell you the risks.

Risks of ESWL are:

- Bleeding
- Infection
- Pancreatitis
- Harm to other organs
- Redness on your skin where the shock waves touch.

You cannot have the ESWL if you have or are:

- Pregnant
- A large aortic aneurysm (blood filled pouch in blood vessel)
- Certain bleeding problems
- abnormal bone shape
- Device placed inside body, such as insulin pumps and pain pumps
- Not normal heart beat

Tell your doctor if you have a pacemaker (a device to keep your heartbeat normal)

There may be other risks based on your medical conditions.

Before the ESWL:

- Your doctor will tell you about the procedure and answer your questions.
- You will be asked to sign a consent form. This gives the doctor the ok to do the procedure
- Your doctor will take a medical history. He/She may also check you to make sure you are in good health.
- You may have blood tests and an X ray
- Do not eat any food or drink any liquids after midnight before the ESWL.
- Tell your doctor if you are pregnant or think you may be pregnant.
- Tell your doctor if you have had a bleeding problem in the past.
- Tell your doctor if you are taking any;
 - anticoagulant (blood-thinning) medications
 - aspirin
 - Other medications

You may have to stop these medications before the ESWL.

During the ESWL

You will remove all clothing, jewelry, or other items before the ESWL. An intravenous (IV) line will be placed in your arm or hand. An IV is a small tube put in your vein by a nurse. You will get medication to put you to sleep. Once you are asleep, you will be placed in a small amount of water. We will use shock waves to the pancreas to break up the stones. You will be given secretin, a natural hormone that helps your pancreas get rid of the stone. Fluoroscopy will be used to watch the stones. You may need another procedure called ERCP to remove the broken stones.

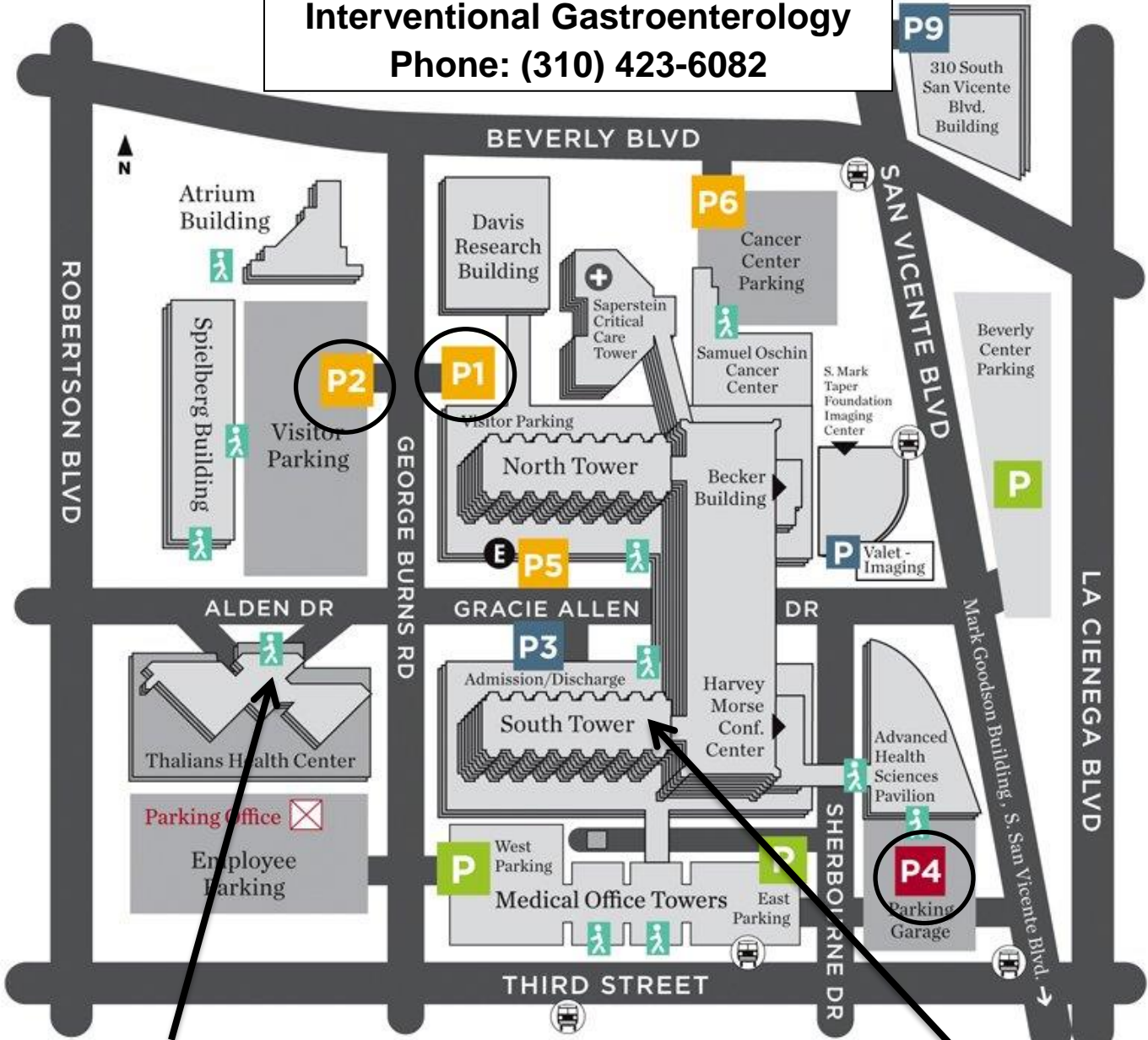
After the ESWL

After the ESWL, you will be taken to the recovery room. There may be bruising on your stomach. Ask your doctor what pain reliever you should take. Aspirin or certain other pain medications may increase the chance of bleeding.

Tell your doctor if you have any of these:

- Fever and/or chills
- Bleeding
- Abdominal pain

Cedars-Sinai Medical Center Map
Interventional Gastroenterology
Phone: (310) 423-6082



If you have an office visit:

Register in the **Thaliens Building** on the **2nd floor Rm E204.**

KEY

	Visitor Parking
	Valet Parking
	Visitor & Valet Parking
	Non-Cedars-Sinai Parking
	Emergency Parking
	Pedestrian Entrance
	Bus Stop

If you have a procedure:

You must check-in at the **Registration Desk** located on the Street Level of **South Tower.**

Your procedure will take place in the **GI Endoscopy Unit** on the **7th floor.**

\$5 Parking with validation in Parking Lots: **P2, P4, and P1**
 Valet Parking available for additional fee in Lot **P3**