

## **Passage of the minute stone particles of lower pole of kidney using a special table**

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### **SUMMARY**

As we can see, spontaneous passage of minute stone particles of lower pole of kidney following ESWL is difficult due to vertical position of kidneys in normal human body.

Recently a special table has been designed with 12-18 inches from the floor. One end rests on the floor, Inclined from the floor. Height 2 meters length.

To facilitate the passage of minute stone particles of the lower pole after the ESWL, the patient drinks 8 ounces of water.

First he/she lies on the table for 30 minutes in prone position. After that an expert technician exerts some vibration on the kidney area of which contains stone particles in its lower

pole, so that the stone particles displace from their original location.

We have performed research of this procedure on more than 60 patients so far, and received good results.

### **PREFACE**

Passage of minute stone particles of the lower pole of kidney following ESWL is difficult and the problem is not usually resolved in spite of gymnastic movements and physical activities. The patient drinks 8 ounces of water and after 30 minutes he/she lies on the table for 30 minutes more in prone position. Then the patient receives some vibration on the kidney area of which contains stone particles in the lower pole. We have performed research of the procedure on more than 60 patients so far, and received good results.

### **HISTORY**

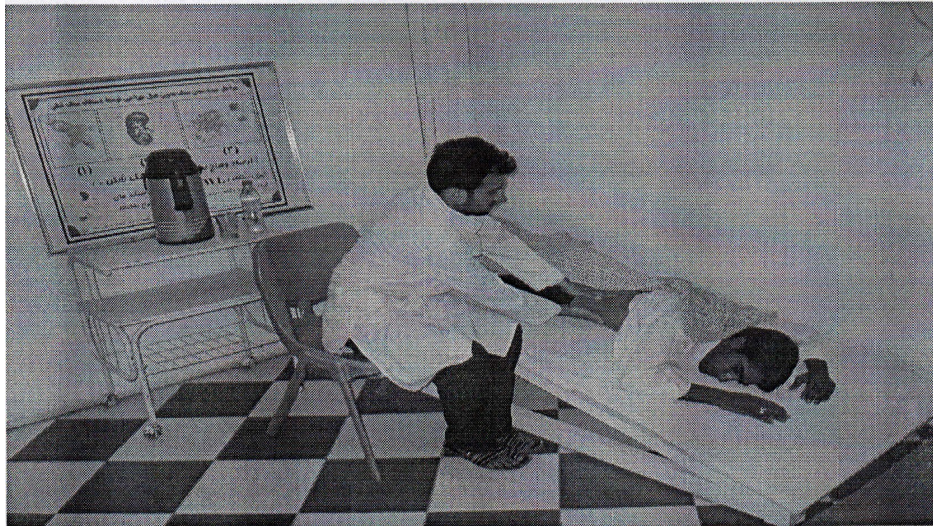
After the ESWL the stone may be broken into pieces of various sizes as minute particles, sand, smaller pieces or even to the dust. Most of them pass through urinary tract along with urine. However, some remain in the lower calyx of the kidney and do not pass. Besides, they raise the chance of the reproduction of the kidney stones; therefore it is better to use the following order for the minute stone particles:

1. Use the special table with 12-18 inches from the floor. Let the other end rest on the floor, Inclined from the floor. Height 2 meters length, head lower the table surface on one side and legs on the top of the other side.

2. Then the patient should drink 8 ounces of water.

3. The patient should wait for 30 minutes.
4. The patient should lie on the table in prone position, head on lower side and the abdomen should touch the special table.
5. The patient should drink extra 8 ounces of water.
6. The patient should change his/her position and lie on the kidney which contains stone, head on lower side of the table on one side and legs on the top of the other side.
7. The patient should lie and rest on the side which the kidney contains stone.

The process should be continued twice for ten days. An expert technician is needed while the patient lies on the table to



exert some vibration on the kidney area of which contains stone particles in the lower pole and massage the area using a special maneuver.

This method is so effective to displace the stone particles from their original location which is the lower pole of the kidney as well as their passage through the urinary tract.

The patients who experienced the procedure say about an increase in the urine passage of the stone particles.

### **TARGET**

Because the spontaneous passage of minute stone particles of the lower pole of the kidney following ESWL is difficult we started to study on a special table via internet to prove how effective is the table along with its procedures for the passage of the stones of the lower pole of the kidney.

### **WORK METHOD**

kidney stones of 60 patients were broken into pieces at ESWL department of the SHEFA surgical clinic by ESWL which was visible at fluoroscopy, however the stones were not passed in spite of gymnastic movements and drinking extra water. Therefore we afforded and used the special table with the assist of an expert carpenter according to the internet criteria.

We gave the patient 8 ounces of water. Then we had a pause for half an hour in prone position followed by some vi-

bration by an expert technician on the kidney area of which contains stone particles. It continued twice daily for ten days.

The chart below shows patients with stones at the lower pole of the kidney, who were under study. Following the ESWL procedure the stones were broken into pieces and were ready for the passage using the special table.

Total	percentage	cases	Year	The patients who got 100 % positive result. After the procedure the minute stone particles were passed through the lower pole of the kidney.
60	50	30	2007	
Total	percentage	cases	Year	The patients who got 50 % result after the procedure.
60	16/66	10	2007	
Total	percentage	cases	Year	The patients who continued the procedure at their homes after being educated due to living in long distance.
60	25	15	2007	
Total	percentage	cases	Year	The patients who received no results at the clinic after the procedure.
60	8/33	5	2007	
60	100	60	2007	Total

## THE RESULT AND THE DEBATE

As it can be seen in the chart, 30 out of 60 patients who were under study that made 50 % passed the Gravels through their urine after the ESWL procedure which led the stone break into minute particles in the lower pole of kidney. The maneuver was done daily for ten days that changed the particles to the Gravels.

About 10 patients of the whole that made 16/66 % continued the procedure twice daily for 10 days and the passage result was nearly 50 % for them. Some patients who lived in districts were first educated to follow the procedure at their homes and to continue that using the special table made by their own (due to living in long distances) were about 50 made 25 % of the patients. They continued the procedure with the assist of their families at their homes. However the outcome was not satisfactory after the sonography as well as ESWL.

The passage of minute stone particles was negative in 5 patients who were examined by sonography and the ESWL machine even though they continued the procedure twice daily for 10 days at the clinic.

It is good to mention that we tried our best to compare and use the data we got of the international literature as well as internet with our research however I failed. Therefore I contented to introducing only the special table with its related results in my topic.

### THE FINAL OUTCOME

AS THE research shows, 60 patients that made 50 % got good results. It means the minute particles were passed through urinary tract, after the procedure in which the patient lies on the table with

the accompanied, necessary proceedings. Therefore I recognize it a successful procedure for the minute particles passage of the lower pole of kidney after ESWL.

### SUGGESTIONS

It is suggested to all the hospitals and clinics which have ESWL to use the mentioned procedure for the passage of the minute particles of the lower pole of the kidney.

It is suggested to urologic specialists to use the procedure for the passage of the minute stone particles of 0.2-0.3mm of the lower pole of the kidney after sonography other radiologic exams as they have much more contact with patients of the urinary tract stones.

It is suggested to all the ultrasonologists while doing the sonography to encourage patients with the lower pole of kidney stone to do ESWL to break stones into pieces in order to use the studied procedure as the next step if needed for the passage of the lower pole of kidney minute stone particles.

### Sources

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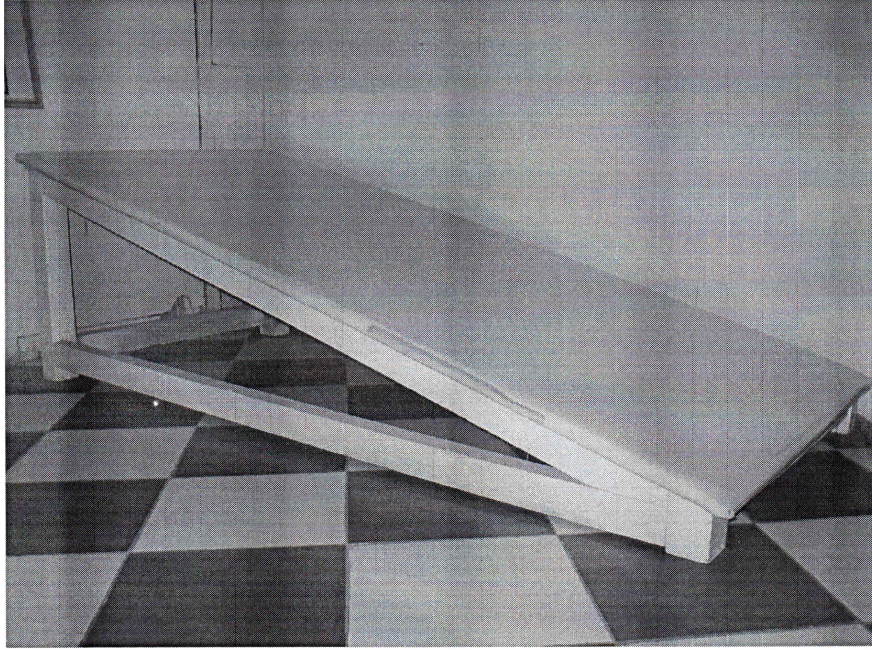
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Special Table