

Post-operative ESWL (Extracorporeal Shock Wave Lithotripsy) Instructions

WHAT TO DO:

Drink plenty of fluids, especially water. Drink more than you normally would.

Strain your urine every time you urinate. This is inconvenient, but absolutely necessary. Stone fragments may begin passing within a few hours of treatment, and may continue to pass for several days or even weeks. Collect any and all fragments and bring these to the office with you at the time of your next appointment.

Call the Lawrence Urology office (749-0639) to schedule an appointment in a week or 2, unless your doctor told you differently. Just before your appointment, you need to get an x-ray done, called a "KUB". This xray is not something that needs to be scheduled – it is first come, first serve. However, the xray department does need an order to do the xray. Therefore, plan to arrive at the Lawrence Memorial Hospital 45-60 minutes before your appointment to get the xray done. We can then inspect the xray at the office during your appointment.

There is usually no need to limit or restrict your activities. However, if you are requiring prescription pain medication to control pain, do not drive or operate heavy equipment.

WHAT TO EXPECT:

There may be **blood in your urine**.

You may have some **pain in your flank**. There may even be some bruising at the site of the treatment.

There is usually not fever associated with this procedure. If you have fever, please call the office or doctor on call.