



ANNE ARUNDEL UROLOGY, P.A.
Anne Arundel Urological Surgery Center, L.L.C.

600 Ridgely Ave., Suite 223, Annapolis, Maryland
410-266-8049 ext. 420

LITHOTRIPSY PRE-PROCEDURE CHECKLIST

Dear Patient,

You have been scheduled for an Extracorporeal Shock Wave Lithotripsy at the Anne Arundel Urology Surgery Center in Annapolis on _____ at _____ am/pm.

You need to arrive at _____ (**1 hour** prior to the procedure time).

Prior to the procedure date you will need to have the following items completed:

- All patients must bring any and all x-rays related to their condition with them on the day of the procedure.
- A **KUB x-ray** is required of all patients the day prior to the Lithotripsy, unless otherwise specified by the ordering physician. All patients are required to hand carry the films to the center on the day of the procedure.

You may also need one or more of the following tests, **only if ordered by the physician:**

- Lab tests - may be completed at your primary care physician's office or lab of your choice. Please inform the scheduler where you plan to have these drawn.
- EKG - if you are 55 years or older.
- Chest Xray - if you have a history of smoking, lung disease. (lung surgery, emphysema, COPD, asthma, or sarcoidosis) or heart disease (CHF, heart attack).
- Cardiac clearance - if you routinely see a cardiologist or if you have a history of cardiac illness.

Bring your insurance card(s) & one photo identification card, such as a driver's license.

You will need to arrange to have a responsible adult wait for you at the surgery center during your procedure, so they may drive you home after your recovery period. Someone must stay with you the first 24 hours following your procedure. If you do not have the arrangements in place, your procedure will be cancelled.

- Wear loose comfortable clothing that is easy to change. Also wear comfortable socks, shoes, no heels or boots, please.
- You may bathe or shower the morning of the procedure. Remove all make-up, nail polish, and hairpieces (including barrettes and bobby pins). Do not use lotions, oils, cologne, or perfume.
- Leave all valuables, including jewelry at home. We cannot be responsible for damaged or lost property. If you wear glasses, make sure to bring them with you. You will not be able to wear contact lenses.

Pre-op & Post-op KUB 2 week follow up with CRNP Scheduled by _____

******Please note****There will be a \$50 fee charged for missed procedure appointments not cancelled with at least 24 hours notice. This fee will be the responsibility of the patient and will not be charged to the insurance carrier.**



LITHOTRIPSY PREP INSTRUCTIONS FOR PATIENTS

1. The following bowel prep regimen will be helpful in improving stone visualization during treatment (stones are often obscured by bowel gas or excess stool). The following must be done before your lithotripsy surgery:

➤ **Avoid carbonated beverages 2 days prior to the lithotripsy.**

The day prior to your procedure you need to do the following:

- **You may have lunch around 12 noon. After lunch you may have clear liquids only until 12 midnight.**
- **1:00 PM** - Take 1 GasX tablet
- **8:00 PM** Take 1 GasX tablet

2. ***STOP the following medications as directed:***

- **Aspirin** **10 days prior**
- **Plavix** **7 days prior**
- **Coumadin** **5 days prior**
- **ALL Anti Inflammatory medications and ALL over the counter medications including vitamins, supplements and herbal remedies must be discontinued 7 days prior to the procedure (unless you have been directed otherwise).**

(A nurse from the surgery center will call you to advise you of what medications to take the day of the procedure.)

3. **YOU MAY NOT EAT OR DRINK PAST MIDNIGHT THE NIGHT BEFORE SURGERY (this includes coffee, mints, water, gum, cigarettes, cough drops, etc.).**

NOTE: *If you do not follow the above instructions, your lithotripsy will be cancelled!*

(A nurse from the Surgery Center will call you prior to the procedure to review your Medical and Surgical History and the Medications you are currently taking.)

If you have any questions or problems, please feel free to call the Surgery Center at: 410-266-8049 ext. 420

THANK YOU!