What to expect after your Extracorporeal Shockwave Lithotripsy (ESWL)

ANESTHESIA INSTRUCTIONS:
During the first 24 hours following anesthesia:
1. You should **NOT** drive for the first 24 hours following your procedure.
2. You should **NOT** drink alcohol for the first 24 hours following your procedure.
3. You should **NOT** make any important decisions or sign any legal documents during the first 24 hours following your procedure.
4. You should start with a clear liquid diet and advance slowly as tolerated.
5. Experiencing some nausea and vomiting following sedation/anesthesia is **NOT** uncommon.

GENERAL INSTRUCTIONS:
It is normal to have red-tinged urine for 72 hours following the procedure. If it persists longer, please call us. We ask that you strain your urine and save all fragments so they can be sent in for analysis. Please bring these fragments to your follow up appointment which is usually no sooner than 2 weeks after the procedure.
Until then, drink plenty of fluids; eight (8) glasses a day is sufficient. Lemonade diluted with water can be a good substitute. Mild exercise such as walking is recommended as this may expedite passage of stone fragments.
Bruising at the treatment site is normal and should resolve with time like any other bruise.

ACTIVITY:
Except for the restrictions for the first 24 hours outlined above, you may resume normal activity as it will aid in passing the stone fragments. You may pass fragments for up to 3 months, although the majority will pass in the first few weeks. You will be given a strainer to strain your urine. Any fragments collected are to be placed in the cup provided and brought to your next appointment.

DIET:
Start with liquids, then light foods. Slowly return to a regular diet, as tolerated.

MEDICATION:
You should resume your pre-surgery medications unless told not to. You will be sent home with some type of pain medication. In most cases, this will be a narcotic pain pill (Norco, Valium or Percocet). If the pain is not severe, you may take either Tylenol (acetaminophen) which contain no narcotic agents, and have fewer side effects. Keep in mind that many narcotic pain medications also contain acetaminophen and you should take no more than 4000 mg of acetaminophen every 24 hours. If the pain medication you receive does not control the pain, please contact our office. Keep in mind that narcotic pain medications cannot be refilled by a phone call to a pharmacy. A paper prescription will need to be picked up in our office during normal business hours. Do not resume aspirin or aspirin containing medications until your urine is clear and yellow.

PROBLEMS YOU SHOULD REPORT TO US:
- Fevers over 101 Fahrenheit
- Heavy bleeding or clots
- Inability to urinate
- Drug reactions (Hives, rash, nausea, vomiting, diarrhea)
- Severe back or flank pain which is not improving 72 hours

**FOLLOW UP:**
In most cases, we would like to see you back in about 2 weeks with a new KUB (abdominal x-ray), the old KUB, and any collected stone fragments. The x-ray should be obtained just prior to your follow up visit as this will allow time for some of the stone fragments to pass out of the kidney and/or ureter. This appointment is usually scheduled just prior to being discharged home.

*Office phone 8 AM to 4 PM Weekdays - (410) 266-8049
After 4 pm, Weekends and Holidays - (443) 481-3003*