Preparing for your Shockwave Lithotripsy procedure

LITHOTRIPSY PREP INSTRUCTIONS FOR PATIENTS

1) The following bowel prep regimen will assist us in being able to see your stone on x-ray during treatment.
   a) Avoid carbonated beverages 2 days prior to the lithotripsy.
   b) Please eat lunch no later than 12 noon the day prior. After, please stick to clear liquids only until Midnight.
   c) Please take 1 Gas-X tablet at 1PM and 8PM the day prior.

2) STOP the following medications as directed:
   a) Aspirin: 7 days prior
   b) Plavix: 7 days prior
   c) Xeralto & Eliquis: 3 days prior
   d) Pradaxa: 4 days prior
   e) Coumadin/Warfarin: 5 days prior
   f) NSAID ex. Motrin, Mobic, etc: 5 days prior
   g) Vitamins, supplements, herbal: 7 days (unless otherwise directed.)

   ***Tylenol is okay***

3) NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE.
   a) This includes coffee, mints, water, gum, cigarettes, cough drops, etc.
   b) You may take your medications, as previously advised by our nurses.

Before The Procedure:
1. Please bring all necessary films with you on the day of the procedure.
2. You may also need one or more of the following tests, only if ordered by the physician. Please have them completed as soon as possible as anesthesia may need to review your chart prior to your day of surgery:
   a. Lab tests - may be completed at your primary care physician’s office or lab of your choice. Please inform the ESWL schedulers where you plan to have these drawn. This must be done with 30 days of your scheduled day of surgery.
   b. EKG – if you are 60 years or older. Cannot be older than 6 months from your day of surgery.
   c. Chest Xray – if you have a history of smoking, lung disease. (lung surgery, emphysema, COPD, asthma, or sarcoidosis) or heart disease (CHF, heart attack). No older than 30 days.
   d. Cardiac clearance – if you routinely see a cardiologist or if you have a history of cardiac illness. No older than 6 months
3. Please bring a photo ID, your insurance card, and all necessary insurance paperwork, including a referral, if needed.
4. As you are going to have anesthesia, you must arrange to have a responsible adult wait for you at the surgery center during your procedure, drive you home after your recovery period, stay with you for the first 24 hours following your procedure. If you do not have the arrangements in place, your procedure may be cancelled.
5. Please wear loose, comfortable clothing that is easy to change, including, comfortable socks, and shoes.
6. You may bathe or shower the morning of the procedure.
7. Please remove all make-up, nail polish, and hairpieces (including barrettes and bobby pins). Do not use lotions, oils, cologne, or perfume the day of the procedure.
8. Please wear your glasses, as you cannot wear contact lenses during this procedure.
9. Remove and leave all valuables, including jewelry, at home, as we cannot be responsible for damaged or lost property.
The Procedure:
You will check in at the front desk and be escorted to one of our surgical preparation rooms. Here you will meet the physician who will perform your procedure, your anesthesiologist, and your nurses. You will have an intravenous line started, pre-operative medication may be administered and occasionally blood drawn. You will be escorted to the operating room where the very large lithotripsy machine is stationed. Your anesthesiologist, your nurse, and our ESWL technician will assist you in moving onto the ESWL machine. Once in position, you will be put to sleep by the anesthesiologist. The procedure will not start until you are asleep and feel no pain. When you wake, you will be in our recovery area. Here you will remain until the nurses believe you are ready to get dressed. You will be moved to our step-down recovery area where your friends and/or family may join you. Once ready to go home, your intravenous line will be removed and one of our nurses or techs will take you out by wheelchair to your car.

After The Procedure:
Please plan a quiet, comfortable day. You may feel groggy. You may be a bit uncomfortable. Please call the main physician’s office, Anne Arundel Urology at 410-266-8049, for significant urinary bleeding, severe pain that will not stop, severe nausea of vomiting that will not stop, fevers > 101.5°. If the office is closed, there will be instructions on how to speak with the on-call physician.

Please eat light as it is not uncommon to experience some nausea, possibly with vomiting after surgery. Please drink lots of fluid to flush out any stone fragments that may try to pass.

You will likely be scheduled for a follow-up appointment by our surgical center staff with one of our Nurse Practitioners a week or two after your procedure with abdominal x-ray (KUB).