Discharge Instructions for Lithotripsy (ESWL) Patients

Thank you for choosing Georgia Regents Health System for your health care needs. This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Any prescriptions that your doctor has written need to be filled promptly. All of the antibiotic medications should be taken no matter how you feel. If you have a slight pain or soreness, you may take Tylenol (two every four hours as needed). If this does not control the pain, take the prescription medication as directed. Do not take aspirin or products containing aspirin for one week.

See your Urologist in 1-2 weeks. It is very important that you keep this appointment so that your physician may further evaluate the success of your treatment and kidney function.

If before that appointment you have:

- pain not controlled by the prescribed medication
- temperature 101.5°F or above
- persistent nausea
- other problems or questions

please contact your Urologist.

You are urged to follow the instructions below regarding anesthesia

- Rest at home with moderate activity as tolerated. It may not be required to go to bed, however it is important to rest for 24hrs following anesthesia. Afterwards, you may resume your normal daily activities as tolerated.
- Do not drive a motor vehicle, operate machinery, power tolls or go up and down stairs without assistance for 24 hrs. If a child do not ride a bike or play on a skate board, gym set, etc. for 24 hrs.
- You may experience lightheadedness, dizziness, or sleeping following anesthesia. DO NOT STAY ALONE. A responsible adult should stay with you for the first 24 hrs. following treatment.
- Do not drink alcoholic beverages, including beer, for the first 24 hrs. Alcohol increases the effects of anesthesia and sedation.
- Certain anesthesia and pain medication may produce nausea and vomiting in some individuals. If nausea becomes a problem at home and is not controlled by the prescribed medication, call your physician.
Regarding Treatment:

- Check your temperature every 4 hours for at least 24 hrs after treatment. Call your physician if your temperature is 101.0°F or greater. Temperature elevation may indicate infection or obstruction.
- Drink plenty of fluids. (One 8 oz. glass every hour while awake). This will help flush the fragments from the kidney.
- Ambulation (walking) is encouraged as it may assist in fragment excretion.
- Urine may be bloody for 24-36 hours. This is normal. If your urine clears and then later becomes grossly bloody or cloudy with a bad odor, please notify your physician, NOTE: If you have had a stint placed, your urine may be bloody until the stint is removed.
- Please strain all urine with the strainer provided. Retain any stone fragments in a closed container and take them to your physician at your next visit.
- Your back will be sore after you are treated. A heating pad will help relieve this pain. If you do not have one, you may want to purchase one. There is a possibility of a small bruise on your back.

You may pass stone fragments for 2-3 months or longer, following treatment. This is usually a painless process and patients tend to get along well during this period. Occasionally due to the size, density, amount or position of the stones a second or third treatment may be necessary.

If you are not doing well or have any questions, do not hesitate to call your Urologist.