

Patient Name: \_\_\_\_\_

D.O.B.: \_\_\_\_\_

Date of Visit: \_\_\_\_/\_\_\_\_/\_\_\_\_

MR #: \_\_\_\_\_

## ESWL – Extra Corporeal Shock Wave Lithotripsy

### Pre-procedure instructions for patient

- You may take your normal medications the night before the procedure as directed by the Pre Op Nurse. Nothing to eat after midnight, please follow the CLEAR LIQUID LIST provided. If you are taking daily medications, i.e. high blood pressure meds, heart medications please follow the instructions provided by the Pre Op Nurse
- **Do Not** take Persantine, Coumadin, aspirin or other blood thinner medications as directed by your Primary Care, Pre Op Nurse or Pre Op Clinic Physician.
- Please take a bath or shower the morning of your procedure. You are allowed to brush your teeth and rinse your mouth but do not swallow the water.
- Prior to your procedure please avoid aspirin, aspirin containing meds (Bufferin, Anacin, Excedrin, Alka Seltzer) also avoid Ibuprofen, Advil, Motrin, Aleve as these may increase risk of bleeding. You may use Tylenol/Acetamenophen – please follow label instructions for dose and frequency.
- If you are taking any herbals you need to stop taking them 7 days prior to your procedure.

### Day of procedure

Prior to you arrival in Ambulatory Care, please stop at Patient Registration to register for a kidney x-ray. After the x-ray you will be directed to the Ambulatory Care Center receptionist where you will register for your procedure. The day of the procedure you will meet with your anesthesiologist who will discuss with you the type of anesthesia you will receive for the procedure.

After your procedure you will return to the Ambulatory Care Center where you will recover from the medications. When you are fully reacted and able to eat, drink and urinate you will be discharged with your responsible person.

**\*\*You will not be discharged without a responsible person to assume your care and provide transportation as you are unable to drive home. Public transportation or a taxi is not acceptable.**

### Helpful hints for the patient

- Wear loose fitting clothing and flat shoes.
- Leave all valuables at home, including: jewelry, no rings, no make-up, no nail polish or toe nail polish.
- Let your responsible person know they may obtain a pager from the Ambulatory Care receptionist or leave a phone number with the nurse caring for you if they want to leave the waiting area.

**Extra Corporeal Shock Wave Lithotripsy, cont.**

**Post procedure patient instructions**

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Occasionally, patients feel colicky pain when passing stone fragments. Therefore, some form of pain medication will be prescribed for use at home. Check with your doctor.

Patients may notice cloudy urine or fragments and some blood in your urine for 2-3 days after the procedure. Patients are instructed to drink 8-10 glasses of water (8 ounces each) daily. This will help move fragments out of your system.

Patients should strain all urine until they come in for their follow-up appointment. Strainers and a container to put stones/fragments in will be provided upon discharge.

**If you experience any of the following:**

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You should contact your Urologist or your local Emergency Room after hours.

- Continuous bleeding and dribbling of urine
- Excessive blood or clots in the urine
- Unable to urinate for more than 6 hours
- Continuous kidney or bladder pain not relieved by pain medications
- Fever greater than 101° F
- Any onset of weakness, dizziness or lightheadedness
- Persistent nausea and/or vomiting

**Contact Information**

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Gifford Medical Center .....802-728-7000  
Gifford Urology .....802-728-2470  
Twin River Health Center .....802-296-7370