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## **Extracorporeal Shock Wave Lithotripsy (ESWL) Post-Op Instructions**

### **Activity:**

Rest today, it is normal to experience some dizziness or drowsiness. Do not consume alcoholic beverages (including beer), drive, operate machinery or power tools, or make important personal or legal decisions for 24 hours.

### **Diet:**

Eat a light diet (juice, soup, Jell-O), then progress to more solid foods as tolerated without nausea or vomiting. Drink as much liquid as you can, up to 8 ounces per hour. Water is best but you can drink juices or other liquids.

### **Medications:**

Mild pain and nausea are not unusual as the stone fragments pass. Sitting in a warm bath is an excellent way to ease these symptoms. Take your prescriptions for pain as directed.

### **Wound Care:**

Most patients tolerated the procedure without any significant problems. It is normal for you to experience tenderness and bruising on the side that was treated and bloody urine, which should clear in several days.

### **When to call the doctor:**

Although complications are infrequent, call your doctor if problems arise such as:

- Thick, excessive bright red blood in your urine
- Pain or nausea not relieved by your prescriptions
- Fever of 101F or greater
- Unable to urinate for 12 hours

If you are unable to reach your doctor, you can go to the Emergency Room.

### **Special Instruction:**

Strain all urine for at least one week. Place stone fragments in container and take them with you to your next appointment.

### **Follow-up Care:**

Your treatment is not complete until you are seen by your doctor. Call your doctor's office to schedule an appointment as directed.