



600 Ligonier St, Latrobe, PA 15650 – (724) 539-9736
522 W Newton St. #300, Greensburg, PA 15601 – (724) 838-7500

Pre-Op Instructions for Extracorporeal Shock Wave Lithotripsy (ESWL)

1. Clear liquids ALL DAY on the day before your ESWL.
2. Take 1 ounce of Milk of Magnesia at 4:00pm on the day before your ESWL.
3. Use 1 Fleet enema at 8:00pm on the day before your ESWL.

CLEAR LIQUID DIET may include clear soup or bouillon (without vegetables or noodles), plain Jell-O (without any fruit), apple juice or fruit juice, apple sauce or fruit sauce, soft drinks, black coffee or tea with sugar but NO CREAM OR MILK (no dairy products are allowed.)