

**HOME CARE INSTRUCTIONS FOLLOWING  
LITHOTRIPSY (ESWL)**

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Date: \_\_\_\_\_

Your stone(s) has been fragmented into many tiny pieces which must now pass in your urine. Usually this process is uneventful. Most fragments pass in the first one or two weeks, but some may continue to pass for three months or more. Some pain or discomfort may accompany the passage of these fragments.

**ACTIVITY**

1. You should promptly resume every day activities. Activity may help the stone fragments pass.
2. Avoid sports or strenuous exercise for about one week or at least until there is no more blood in your urine.

**SITE CARE**

1. You may have some redness on your flank area. It will disappear as a bruise does.
2. Strain your urine each time you void. Take the stone fragments in a container to your urologist on your next visit. The stones will be analyzed to help determine the cause of your stones.

**COMFORT**

Some pain or discomfort may accompany passage of fragments. For discomfort take over-the-counter medication or pain medication prescribed by your doctor. If pain medication does not keep you comfortable, contact your doctor. If **nausea occurs**, take food  $\frac{1}{2}$  hour prior to taking medication. If **nausea persists or rash occurs**, **STOP** taking medication and call your doctor.

**MEDICATION**

1. New medications:
2. Last dose of pain medication:

**DIET**

1. Drink a **lot** of fluids to aid in passage of fragments. Drink one glass an hour during the daytime for the next one to two weeks (two quarts or more a day). Most patients will benefit from a continued high fluid intake and urine output indefinitely even after the fragments are gone. This helps prevent stone formation.
2. Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If **vomiting** persists, call your doctor.





Wausau, WI

715.847.2121 ~ 800.283.2881

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**SAFETY**

1. You may expect to feel dizzy, weak and drowsy for as long as:
  - 24 hours after receiving a general anesthetic.
  - 12 hours after receiving sedation.
  - while taking prescription pain medications.
2. Please follow these instructions for that time:
  - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
  - b. No alcoholic beverages.
  - c. Postpone signing any important papers or making any important decisions.
3. Because of the effects of anesthesia/sedation we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

**WHO TO CALL**

DR.

PHONE:

AFTER HOUR #:

**Aspirus Day Surgery Plus:**

Phone: 847-2907

Open 6:00 a.m. - 7:00 p.m. (Monday - Friday)

**RETURN APPOINTMENT**

DR:

DATE/TIME:

**WHEN TO CALL**

If any of the following symptoms occur: SEVERE PAIN, FEVER OVER 101°, PERSISTENT NAUSEA OR VOMITING, RASH OR ANY CONCERNS ABOUT YOUR RECOVERY.

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

**I have discussed the above information with a nurse and my questions have been answered to my satisfaction.**

\_\_\_\_\_  
Patient or Responsible Party Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
RN Signature

\_\_\_\_\_  
Date/Time