

Pre-ESWL Patient Instructions

Patient's Name _____ Date of Treatment _____ Time _____

1. If you develop symptoms of fever, cold, or sore throat before your treatment, please notify your physician.
2. Between 3 P.M. & 6 P.M. of the day before your treatment you may need to take an oral laxative, such as Dulcolax tablets, Ex-Prep Liquid or Magnesium Citrate. You should drink a minimum of 4-6 glasses of water after taking the laxative. Eat a **light** evening meal. Do **not** eat or drink anything after 12:00 midnight. The morning of your treatment your physician may have you use a Fleets Enema, **be sure to check with your physician**. Both the enema and the oral laxative may be purchased at your pharmacy.
3. **REMEMBER**, do not eat or drink anything after 12:00 midnight the night before your treatment.
4. Shower or bathe thoroughly before your treatment.
5. Do not ingest any alcohol for 24 hours before your treatment.
6. Please hold aspirin, aspirin compounds, and anti-arthritic medications for one week prior to your treatment. Examples include:

Advil	Celebrex	Motrin (24 hours)
Aleve	Clinoril	Naprosyn
Alka-Selzer	Coumadin	Naproxen
Anacin	Daypro	Nuprin
Ascriptin	Dolobid	Orudis
Aspirin:	Ecotrin	Plavix
Baby Aspirin	Empirin	Pletal
Bayer	Excedrin	Relafin
Bufferin	Feldene	Ticlid
Bextra	Ibuprofin	Tolectin
Butazolidin	Indocin	Toradol
Cataflam	Lodine	Voltaren

In addition, those taking Persantine, Coumadin and Plavix must notify us so that special arrangements with your medical doctor can be made regarding this medication.

7. Heart medications, blood pressure medications, and anti reflux medicines should be taken with a small amount of water on the day of your treatment.

Diabetic medications should be held on the day of your treatment – please talk with your primary physician so he is aware and can adjust your dosage if necessary. If you test for blood sugar, please do so before your appointment.

8. Please do not bring money or valuables with you.
9. Please report on time on the date and time given to you. If you arrive late, your appointment may be rescheduled. Also, please leave your current phone number with your Urologist's office so you can be reached if the schedule changes.
10. Wear Loose-fitting clothes (no panty hose, tight jeans, girdles, etc.)

11. Make arrangements for a family member or friend to drive you home after your treatment. **YOU WILL NOT BE ALLOWED TO DRIVE.**
12. For most procedures, plan to stay approximately 1 ½ to 2 hours; your stay may be shorter or longer.
13. Please do not bring more than 2 (two) people with you.
14. You should have a responsible adult with you for the first 24 hours after your treatment.
15. You will need a thermometer to check your temperature for the first 24 hours after your treatment.
16. Your back may be sore after your treatment. Use ice intermittently for the first 24 hours, then heat as needed. If you do not have a heating pad, you may want to purchase one.
17. If you have any questions regarding these instructions, **or** develop any unexpected complications after the procedure, please notify your physician. If you have unexpected complications, you may need to be admitted to a hospital.
18. You may need an X-Ray (KUB) before your procedure. Bring your films with you.
19. Check with your medical physician for medical clearance, if needed.

Thank you for your cooperation.