

DISCHARGE INSTRUCTIONS FOR ESWL PATIENTS

It will take several hours for the medications to wear off, so **REST** when you get home, until you feel comfortable increasing your activity.

Because of the medications you have received during your treatment, **DO NOT DRINK ANY ALCOHOL, DRIVE, OR OPERATE ANY DANGEROUS MACHINERY FOR 24 HOURS.**

As your appetite returns, start with fluids and then respect your appetite. Return to your usual diet, unless otherwise directed by your doctor.

Your urine will be bloody and should begin to clear a few days after your treatment. Increase fluids until your urine clears.

Call you doctor if you develop a fever above 100 degrees or have thick, blood-clotted urine.

If your doctor hasn't given you a prescription for pain relievers, take two Tylenol every four hours, as needed. If the pain does not get better, **call you doctor.**

If you received a prescription for antibiotics, take all of the medication as directed. Do not discontinue this medication until all of the pills are gone.

Return to your usual medications, unless otherwise directed by your doctor.

Do not take aspirin products until your urine begins to clear.

Avoid heavy lifting (over 25 to 30 pounds) for long periods of time during the first week after Lithotripsy.

You may have some bruising, redness or slight swelling at your treatment site. Apply an ice pack to the affected area for any swelling you may have today. After 24 hours, use warm heat, along with your pain medication, for relief.

Placing a pillow behind the lower area of your back while sitting or driving may help relieve any ache or pain you have.

Strain your urine as directed for two to three weeks following Lithotripsy. Take any fragments you collect to your doctor to be sent for analysis.

Follow-up: Call your doctor's office to arrange an appointment.

IN CASE OF AN EMERGENCY, contact your doctor at _____.

M.D.

(Patient or responsible person)