

DISCHARGE INSTRUCTIONS FOR ESWL PATIENTS

体外冲击波碎石病人的撤院指南

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

麻醉药力需要几个小时才会消失，当你回家后要多休息，直到你觉得舒服后再增加你的活动量。

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

因为你在治疗时接受的药劲，所以在 24 小时内不能喝酒，开车或操作危险机械。

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

除非医生有另外的指示，否则当你的食欲回来的时候，先吃流质食物然后才回原正常饮食习惯。

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

手术后你会有血尿，过几天就会变清，在你的尿液变清之前要多喝水。

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

如果你发 100 度以上的高烧或有很浓的血尿，联络你的医生。

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 your doctor.

如果你的医生没有给你止痛药的处方，请在每 4 小时吃两颗 Tylenol 止痛片。如果疼痛没有好转，联络你的医生。

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

如果你有消炎药处方，要按指示吃药，不能中途停药一定要把药吃完为止。

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

除非医生有特别的指示，否则你可以继续服用你平时的药。

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

在你的尿变清之前请不要吃阿司匹灵药片。

