



UROLOGY SURGICAL CENTER

5500 Pine Lake Road Lincoln, Nebraska 68516 (402) 421-8899 Fax (402) 421-1945

Business Hours: Monday-Thursday 7:00 a.m. – 4:30 p.m.; Friday 7:00 a.m. – 4:00 p.m.

24 hr number: (402) 489-8888

ESWL POST-TREATMENT INSTRUCTIONS

- You will not be permitted to stay alone the day or night following treatment.
- **PAIN:** Some pain in the flank on the treated side is to be expected. There may also be bruising. Colicky pain that is caused by particle passage down the ureter is also to be expected. Oral medications are usually sufficient to control this discomfort, however, if the pain is not adequately controlled contact your physician.
- **NAUSEA:** It is normal to experience some nausea. Treat it as you would the flu.
- **FEVER:** Temperature elevations of 100° F are common and of no significance. However, fever in excess of 101° F should be reported to your physician.
- **FLUIDS:** Drink 3 to 4 quarts of fluid daily for the next month. The quantity is very important.
- **WORK:** You may return to work as soon as your symptoms will permit. There is no restriction on your physical activity from the ESWL standpoint.
- **EXERCISE:** Refrain from exercise for 24-48hours, then may exercise as tolerated.
- **HEAD DOWN and BOTTOM UP:** Stone particles tend to settle into the gravity dependent pockets of the kidney. Lying off the edge of the bed with your head and shoulders down will help drain particles from these pockets. Do this 2 or 3 times a day for 5-10 minutes at a time. Drink lots of fluids 30-45 minutes before assuming the head down position.
- **MEDICATIONS:** Continue antibiotics that you might be given until you have taken all of the prescription. Keep the pain killing medication handy at all times because you may suddenly experience colicky pain as particles pass for several weeks postoperatively.
- **DISCHARGE MEDICATIONS:**

• SPECIAL INSTRUCTIONS:

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- **REGULAR MEDICATIONS:** These may be resumed immediately after ESWL and should be taken as directed by the prescribing physician.
 - **STRAIN ALL URINE:** Strain ALL urine and save ALL particles, bring any saved fragments to your next appointment. These will be submitted to a laboratory by your physician for analysis.
 - **BLOOD in the URINE:** Blood in the urine is expected, particularly as you pass stone fragments. It may range from dark red to pale pink.
 - **FOLLOW UP APPOINTMENT:** Follow up appointments are a must. Treatments sometimes fail and sometimes require additional treatment. Only follow up evaluation will determine the success, the failure, or any other problems. If x-rays were given to you to keep, it is important that you bring them to your follow up appointment.