



PATIENT
TEACHING
CENTER



مركز
تعليم
المرضى



MR# Patient Name:

Discharge instruction after Extracorporeal Shock Wave Lithotripsy Procedure (ESWL)

What is ESWL?

ESWL is a modality to break up kidney stones inside the kidney using shock waves. High concentrations of x-rays are directed from a machine (called a lithotripter) outside the body to the stones. The shock waves break the stone into tiny pieces, which are passed out of the body with the urine.

Discharge Instructions:

If you have slight pain or soreness, you may control your pain by taking your prescribed pain medicine as directed. You must have a responsible adult to drive you home.

Rest at home with moderate activity. Rest is important after anesthesia. Do not take part in sports, jog, run, or ride a bike. No straining or heavy lifting for 3 days.

You may have some lightheadedness, dizziness, or sleepiness because of the medicines given to you during your procedure. Avoid changing your position suddenly, Change positions from sitting to standing slowly.

Do not drive a motor vehicle, operate machinery, or use power tools for at least 24 hours.

Pain medicines or the medicines used during your procedure may cause some people to feel nauseated (sick to your stomach). Drink as many fluids (without caffeine) as you can for several days after your procedure. Water is best. This will help to wash the fragments out of your kidney.

Your urine may be bloody for 24-36 hours.

If you notice that the amount of blood in your urine increases, decrease your activity level and drink extra fluids.

Note: If you had a stent inserted, your urine may be bloody until it is removed.

Strain all of your urine until your doctor tells you it is no longer needed. Put any stone fragments in a closed container and take them with you to your next doctor's visit.

Come to emergency room in case of:

Your temperature is 38.5.

You have continuous nausea or vomiting which cannot be controlled by the prescribed medication

Your urine is very bloody.

Increase the blood amount in the urine

Your pain is not controlled by your prescribed medication.

Follow up:

After the procedure and upon discharge you will get follow up appointment to visit Urologist clinic within one week.

Treating physician:

Signature & ID:

Date: