

POST LITHOTRIPSY (ESWL) INSTRUCTIONS

General Instructions:

It is common after lithotripsy to have mild burning with urination, frequent urination, sudden urge to urinate and some incontinence (leaking of urine). You may also notice blood in your urine. It is important to increase your intake of fluids if you notice blood in your urine, especially if you see any blood clots. It is common to pass tiny stone fragments in your urine. You might be given a strainer to strain your urine when you leave the hospital. You should collect any stone fragments and store them in a clean, dry container. Bring any stones that you collect to your follow up appointment so that they may be sent to the lab for analysis.

During your surgery, the doctor may place a stent in your ureter (tube that drains urine for the kidney to the bladder) to keep urine draining well. Some discomfort is normal following a stent placement. Certain movement may trigger pain or the urge to urinate. Pressure or soreness when urinating is common. These urinary symptoms usually go away after the stent is removed. You may see that your urine is slightly pink or red, due to bleeding caused by irritation from the stent. You should drink plenty of fluids to help flush out your urinary tract. The stent is usually removed about one week after surgery. This involves a simple and fast procedure that requires no preparation, pain medication or sedation. You may drive yourself home after the stent removal procedure. If your stent has a string attached to it, be careful not to pull on the string as this will be used to remove the stent.

Diet:

You may return to your normal diet immediately after surgery. It is important to drink plenty of fluids (8-10 glasses daily). The type of fluid (except alcohol) is not as important. Caffeine is acceptable, but may cause increased bladder irritation such as urinary frequency and irritation or the sense that you need to urinate urgently. Fluid, fiber, and fruits in your diet will help to prevent constipation following surgery. Your doctor may give you a stool softener also. It is important to prevent straining to have a bowel movement after surgery. If you are constipated, try prune juice and over the counter stool softeners. If this does not help relieve your constipation, please call the office.

Activity:

To help prevent any bleeding, you should limit yourself to non-strenuous activity for 1 week after surgery. You should not lift more than 25 pounds for 1 week following surgery. Walking and light activity is encouraged. With increased activity you may see blood in your urine. If this happens it is recommended that you rest and increase your fluid intake until your urine clears up. You should not drive for 48 hours after surgery or longer if you are taking any narcotic pain medication.

Please contact our office if you have questions about traveling.

Medications:

You should resume your pre-surgery medications unless told not to by your doctor. You should not take aspirin if you continue to have blood in your urine. If you experience any pain, taking acetaminophen (Tylenol), ibuprofen (Motrin, Advil) or naproxen (Aleve) may help if you are able to tolerate taking these medications.

Follow up:

Your physician will instruct you when to follow up after surgery, usually about one week after surgery to have the stent removed. If you need to schedule a follow up appointment please call our office at (206) 386-6266 and press option 4 to reach the front desk.

Problems that you should report to us:

- **Any temperature over 100.5 degrees**
- **Chills or shaking**
- **Heavy clots or bright red blood in your urine**
- **Any inability to urinate; or sensation that your bladder is full after urinating**
- **Worsening pain that is not relieved by pain medications**
- **Severe nausea or vomiting**