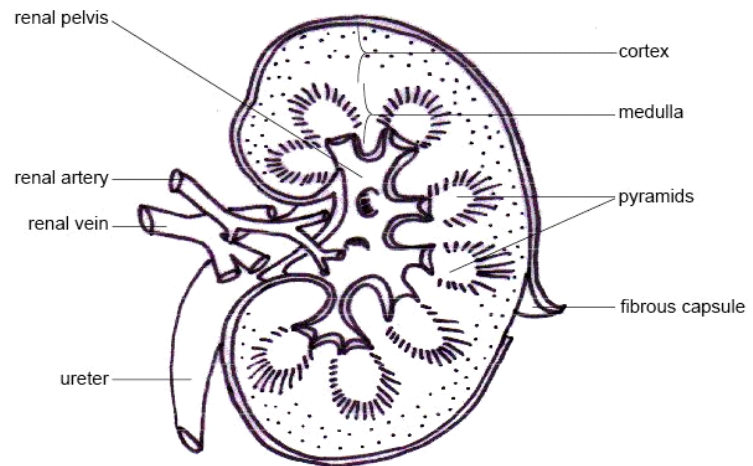


DESCRIPTION OF PROCEDURE

Extracorporeal Shock Wave lithotripsy, or ESWL, shatters kidney stones, reduces them to small particles that range in size from dust to small gravel. These particles are then passed from the kidney through the urinary tract during the normal flushing action that occurs with the elimination of urine. Sometimes, small fragment will settle in cavities of the kidney, causing discomfort. To prevent this from occurring, we urge you to perform gravitational technique that improves passage of fragments through the urinary tract. The technique involves drinking water, then lying on an angled board for a period of time twice a day following treatment. This simple exercise has proven very successful and is described below for your information.

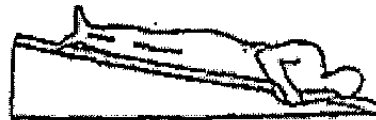
Information:

- Start your technique 1 or 2 days after your ESWL treatment, or when you feel recovered from anesthesia.
- Use this technique in the morning and in the evening for 5-7 days after your treatment, or longer, as recommended by your physician.
- While sleeping, or laying down, lay with your treated kidney up for 5-7 days. If both kidneys were treated, then alternate your position periodically.



To use this technique, you will need a weight-bearing item, such as an ironing board. Table leaf, or exercise board to create a 30-45 degree angle your body can rest on.

1. Drink two 8-ounce glasses of water.
2. Wait 30 minutes
3. Lie down on your board, which is at a 30-45 degree angle, head down and face down for 30 minutes.
4. Now lie head down and face down with your treated kidney up for 30 minutes. If both your kidneys were treated, alternate sides.
5. Return to an upright position, and drink one 8-ounce glass of water.



Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.