



SHOCK WAVE LITHOTRIPSY (NO STENT) DISCHARGE INSTRUCTIONS

SURGERY CENTER

Phone: (224) 612-7000

WHAT TO EXPECT

- Blood in the urine, small blood clots, and increased urgency or frequency to urinate can persist on/off for several weeks while your body is passing stone fragments.
- Strain your urine at home with the strainer provided. Stone fragments will look like sediment on urination. If you pass a piece of the stone, place it in the specimen cup we give you.
- Bruising and soreness over the flank and bladder area where the surgery was performed is normal. This should improve significantly within 72 hours. Heat packs to the area will help with discomfort.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity, rigorous exercise or heavy lifting (greater than 20 pounds) for at least 1 week.
- Please consult your doctor on when you can resume sexual activity.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

MEDICATIONS

- Take Tylenol (500 mg every 6 hours) with Ibuprofen (Motrin, Advil etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.
- If you were prescribed Flomax (Tamsulosin), this medication helps relax the urinary system. Please take nightly to pass the stone fragments. This can cause some light headedness and blurry vision. If you experience side effects, it is okay to stop taking.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Severe back pain that doesn't go way with pain medications
3. Increasing amount of blood in your urine or very large blood clots
4. Inability to urinate

FOLLOW-UP

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



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- The doctor's office will call to schedule a follow up X-RAY. The office will provide you with a KUB XRAY order form that you need to bring to the appointment (unless you have received an order already).
- After you obtain the XRAY, follow up with the doctor in the office for a post-operative checkup.
- If you catch any stone fragments at home with the strainer provided, bring to your appointment.

***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

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