Extra-Corporeal Shock Wave Lithotripsy (ESWL) – Post-Op

Activity
You may feel sleepy for up to 24 hours due to the sedation you received. Resume normal activities gradually.

For the next 24 hours:
• Do not drive.
• Do not operate heavy or potentially harmful equipment.
• Do not make legally binding decisions.
• Do not drink alcohol, including beer.
• Avoid lifting anything over 10 pounds.
• Do not smoke.

Check with your doctor when to return to work.

Diet
• Begin with liquids and light foods, such as crackers, soup, gelatin and 7-Up.
• Progress to your normal diet as tolerated.
• Drink 8 glasses of fluids today, especially water and juice. If urine is bloody, increase oral intake.

Common side effects
• Some nausea and discomfort may be expected.
• Frequency, burning and bloody urine is expected for a few days after your procedure. Drinking fluids will help to resolve this.
• If a stent is in place, you may have bloody urine and frequency for as long as it remains inside. Do not remove stent.
• You may have backache and minor bruising on your back for 2 to 3 days.
• You will pass gravel or sand-like particles in your urine. Walking and moving about will help the passage of the fragmented stones. Strain urine and save particles and bring to your next doctor appointment.

Medications
• Take pain medication as prescribed.
• Continue medications as prior to surgery unless instructed differently.

You may experience constipation after this surgery. Do not strain during a bowel movement.

To help prevent constipation:
• Drink 6 to 8 glasses of water per day (unless otherwise instructed).
• Increase fiber in your diet. Some good sources of fiber are fresh fruits, fresh vegetables, beans and high-fiber cereals.
• Take stool softeners if prescribed by your physician.

Notify your physician if you have:
• Temperature over 101°F and/or chills
• Pain that is not relieved by medication
• Difficulty urinating

If you have any questions, call your physician.