potomac UROLOGY

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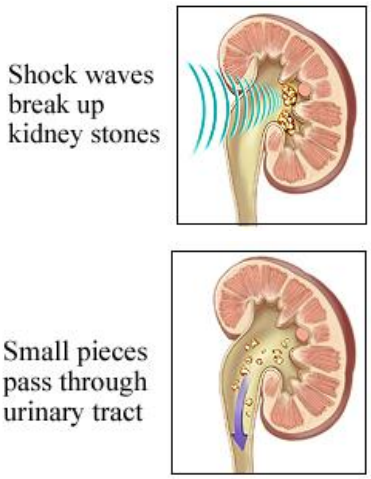
ESWL POST-OPERATIVE INSTRUCTIONS

ACTIVITY

• Go home and rest for the remainder of the day
• Your urine will be bloody and should begin to clear a few days after treatment. **Drink plenty of water**.
• You may have some bruising, redness or slight swelling at your treatment site. Apply an **ice pack** to the affected area for any swelling you may have today. <u>After 24 hours</u>, use **warm heat**, along with your pain medication for relief.
• Strain your urine for 2-3 weeks as directed. Take any fragments you collect to your doctor for analysis.
• Drink lots of water in the weeks after treatment. This helps pass any pieces of stone that still remain.



MEDICATIONS

• Resume prior medications. Do **NOT** start any anticoagulation medication without prior approval from your doctor
• Follow instructions for use printed on the prescription.
• All narcotics cause drowsiness. Do **NOT** drive, drink alcohol, or operate heavy machinery.
• Increasing fiber and fluid intake can ease constipation. Stool softeners such as Colace can also be taken if needed for constipation.
• If the medications cause a reaction such as nausea or a rash, STOP the medication and call your doctor.

WHEN TO CALL THE DOCTOR

• Temperature > 101 degrees F or severe chills
• Pain not relieved with oral medication
• Call 911 if you have shortness of breath
• Persistent nausea/vomiting
• Excessive bleeding or inability to urinate after several hours
• Any questions/concerns

FOLLOW-UP

• You will return to see your physician in 1-2 weeks time with an x-ray prior to assess for stone clearance. If you have a stent in place, this also will need to be removed.