potomac UROLOGY

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Extra Corporeal Shockwave Lithotripsy Instructions

One day before surgery:

- Have a **NORMAL** lunch then follow a **LIQUID** diet only **at 5 PM**.
- **At 5 PM**, drink ONE bottle of Magnesium Citrate
- **At 7 PM**, take 2 Gas-X pills.

Do NOT eat or drink after MIDNIGHT the night prior to your surgery.
This includes water, juice, coffee, chewing gum, or lifesavers and more.

NO alcoholic beverages 48 hours BEFORE and AFTER your surgery.

PURCHASE at the pharmacy:

- **1 bottle Magnesium Citrate**
- **2 Gas-X pills**