



COMPREHENSIVE
UROLOGIC CARE

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Extracorporeal Shockwave Lithotripsy (ESWL)

Postoperative Instructions

DIET:

You may resume a normal diet as soon as you feel ready after your procedure. It is common for 24 hours after anesthesia to avoid heavy meals and start slowly with clear liquids. Eat plenty of fiber-rich foods for the first 1-2 weeks. Alcoholic beverages are best avoided in the first 24 hours and while taking any narcotic pain medications. It is important to drink plenty of water (6-8 glasses daily) after your ESWL.

ACTIVITY:

It is important to avoid strenuous activity and/or exercise for the first week after your procedure. This includes avoiding golfing, tennis, and jogging, working out/stretching activities, lawn work such as mowing, raking, shoveling, sexual activity, and any lifting more than 15 lbs. Discuss any specific work-related concerns you have with your urologist.

MEDICATIONS:

Your urologist will likely prescribe a narcotic pain medication-take this as needed per the instructions. Note that these medications can cause upset stomach and be constipating. You may also be prescribed additional medications that soothe the urinary tract and/or minimize spasms of the bladder. A preventative antibiotic may be given for a 24-hour period after your surgery.

It is important that if you take a daily blood-thinning/anti-platelet medication (Coumadin/warfarin, aspirin, Advil/Motrin, Lovenox, Pradaxa, Eliquis, Xeralto, Plavix, etc.) that you only restart this as instructed by your physicians.

BOWELS:

It is important to avoid constipation as you recover from your ESWL. Drink plenty of fluids (especially water). Narcotic pain medication can be constipating and it is important to take an over-the-counter stool softener/laxative to help prevent constipation (Miralax, milk of magnesia, Colace, etc.).



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EXPECTED SYMPTOMS:

It is common to see blood in the urine for several days after your procedure. You may see sediment or stone fragments pass in the urine after your procedure. If you were given a urinary strainer, strain your urine and save any fragments. In some cases a ureteral stent is placed at the time of your ESWL-this can cause urinary urgency/frequency, burning with urination, bladder spasms, and pain in kidney with voiding. Some redness or bruising at the site where the machine was focused to break-up your stones can be normal.

Contact us for severe pain and/or burning with urination, fevers and chills, severe bleeding with passage of large blood clots, or inability to pass urine.

FOLLOWUP APPOINTMENT:

Our office will contact you to schedule your follow-up appointment. This will typically be in 1-2 weeks to check a KUB X-ray and possibly remove your stent.