

## **THE DAY OF THE PROCEDURE:**

After the procedure is completed you will be taken to the recovery room, where you will be observed for one to two hours. You will be discharged when you are awake, your pain is controlled, and you have urinated.

## **THE DAY OF THE PROCEDURE:**

Have someone drive you home. Do not plan to take a cab or bus.

During the first week after your procedure you may have some pain or soreness of the kidney. Your doctor will give you prescriptions for the pain. If you have recurrent colicky or spasmodic pain, take two pain pills and get into a tub of hot water for 30-45 minutes.

Strain your urine for stone fragments. Save the fragments and bring them with you to your clinic visit in 4-6 weeks.

Expect some blood in your urine for a few days.

Drink one 8-ounce glass of fluid every hour for the next 12 hours.

## **CALL YOUR DOCTOR:**

IF ... you have severe or sustained pain

IF ... you have colicky or spasmodic pain which is not alleviated by taking two pain pills and sitting in a hot tub of water for 30-45 minutes

IF ... your temperature is over 101 degrees

IF ... you have constant leakage of urine (this may indicate the movement of the stent)

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Schedule a follow up office appointment for 4-6 weeks after your procedure.

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**SOUTHEASTERN**



**UROLOGICAL**  
*Center, P.A.*

## **PATIENT EDUCATION:**

**Lithotripsy**

**Appointments (850) 309-0400**

**Toll Free (800) 689-6678**

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## WHAT IS LITHOTRIPSY?

Litho means stone and tripsy means to crush. Lithotripsy, then, means to crush or pulverize stones. Research done in the 1980s showed that shock waves generated outside the body could pulverize stones inside the body. Extracorporeal (outside of body) Shock Wave Lithotripsy (ESWL) has become standard practice for breaking up kidney and ureteral stones, making them into sand-like particles that can be passed easily.

Shock waves are high-energy pressure waves that are generated by a "spark plug" electrode. The shock wave is transmitted through water contained in a "balloon" that fits snugly against your back near the stone. The shock wave will be focused on the stone, and a series of wave impulses will pulverize the stone. **THERE IS NO ELECTRICAL SHOCK.** You may feel a tapping sensation where the balloon contacts your skin, and hear a knocking noise with each shock wave. You will be medicated so that you should have little or no discomfort during the procedure.

In order to know where your stone is and how to direct the shock waves, the Lithotripter (the machine that produces the shock waves) includes video x-ray equipment that helps your doctor visualize the stone. The amount of radiation you receive will be minimal, but the nurse, tech and doctor will wear protective aprons during the procedure because they are repeatedly exposed to the radiation when treating other patients.

Lithotripsy is usually successful with one treatment. Repeat treatments may be necessary for large or dense stones, or for multiple stones. Patients can expect some blood in their urine for a few days.

## SOUTHEASTERN UROLOGICAL Center, P.A.



## THE DAY OF THE PROCEDURE:

DO NOT EAT OR DRINK ANYTHING for eight (8) hours before the scheduled time of your procedure.

Make arrangements for someone to drive you home since you will have been medicated and unable to drive after the procedure. Do not plan to take a cab or bus.

You should arrive at the hospital or surgical center Admitting Office 1½ hours before your procedure is scheduled. You will be notified by the hospital or surgery center of the exact time. When you have completed the admitting process, you will be taken to the pre-op area and prepared for the procedure.

The nurse in the pre-op area will start an IV and begin the medications your doctor has ordered. **EMPTY YOUR BLADDER BEFORE YOU ARE MEDICATED.**

## DURING THE PROCEDURE:

**It is important that you remain very still during the procedure.** The tech will position you on the table and adjust the equipment so that the shock waves are aimed precisely at your stone. If you become uncomfortable and need to change position slightly, or if you are having pain, let the nurse or tech know so that you can be repositioned or medicated.

During the procedure a cardiac monitor will record your heart rate and rhythm, and your blood pressure will be taken frequently. You will be given oxygen to breathe and will have a gentle clamp on one of your fingers to measure the oxygen level in your blood. You will be given plugs to protect your ears from the knocking sounds of the Lithotripter.

## 1-2 WEEKS BEFORE THE PROCEDURE:

**ONE WEEK BEFORE YOUR PROCEDURE:** stop all aspirin, nonsteroidals (ibuprofen: *Motrin, Advil, Midol-200, Nuprin*; anaproxin: *Naprosyn, Aleve, Anaprox*; diclofenad: *Voltaren, Voltaren SR, Cataflan*; etolac: *Lodine*; fluprofen: *Anasai, Ocufer*; ketalac: *Toradol*; piroxicam: *Feldene*; sulidac: *Clinoril*; nabumeton: *Relafen*; indomethacin: *Indocin*; fenoprofen: *Nalfon*; tolraetin: *Tolectin DS, 200, 600* and blood thinners *Coumadin, Sofarin*, or warfarin sodium. These drugs can cause bleeding problems during your procedure. If you need something for pain you can take *Tylenol* (acetaminophen) or ask your doctor. Consult with your physician before stopping any medication.

Your doctor may order lab and x-rays to be done one or two weeks before the procedures. Blood will be drawn to be sure you are not pregnant (as warranted), that you do not have an infection, and that you have no bleeding problems. You will have a urinalysis to be sure you are free of infection. You may also have an electrocardiogram (EKG) to record your heart rate and rhythm. You will have an x-ray of your kidneys, ureters and bladder to determine the location and size of your stone.