

INSTRUCTIONS FOR ESWL

Academic Urology-Pottstown/Phoenixville

Day time phone: 610.323.5550 (Pottstown) or 610.935.9010 (Phoenixville)

Emergency Phone after 5 pm 610.792.2871

NATURE OF THE PROCEDURE

ESWL stands for extracorporeal (means outside the body) shock wave lithotripsy (means stone crushing in Greek). It is a 45 to 60 minute procedure in which a probe is placed against the flank and shock waves are generated and focused onto the targeted kidney stone. In some cases we may use the system to treat ureteral stones. The shock wave basically crushes the stones into gravel and then you are able to pass the gravel into the urine. Success of the procedure depends on the size and location of the kidney stones. The procedure is now generally performed in the operating room under sedation or general anesthesia.

INSTRUCTIONS PRIOR TO PROCEDURE

Do not eat or drink anything including water after midnight the evening prior to the operation. Do not smoke for at least 12 hours before or after the procedure and do not drink alcohol 24 hours prior to the procedure. Do not take aspirin or any aspirin-containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment. You can take Tylenol or ask your physician for recommendations. If you are taking anti-coagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. **If you have had kidney or bladder x-rays taken at institutions, other than the hospital at which you are having your procedure performed, please check with our office scheduling staff to determine you need to bring them with you the day of the procedure.** Leave all valuables at home and wear comfortable clothing. If have an HMO insurance carrier, please obtain a referral from your primary care physician.

AFTER THE ESWL PROCEDURE

After the procedure you will go to the recovery room. When you wake up you may experience a little discomfort in the flank. In some cases there may be a small bruise or perhaps tiny blisters at the skin site where the treatment was done. This may be a size of a large coin. You may also have blood in the urine. Keep in mind **it only takes one drop of blood to turn an entire gallon of water red.** If you had a stent placed prior to this procedure it is common to have blood in your urine after the ESWL procedure. You will be discharged once you are fully awake and able to drink fluids. In some cases the patients may experience pain with passage of the fragmented stone particles. You will be given a prescription for a narcotic medication such as Percocet or Vicodin. Generally you can take one Percocet or Vicodin every 4 hours as needed for pain. If your experience a temperature of 101° or greater you must contact our office immediately. Similarly if you experience dizziness or feel faint and very weak you need to contact us immediately.

After the ESWL kidney stones are reduced to small particles ranging in size from dust to gravel. You should strain the urine for 10 days to collect gravel for subsequent analysis. Most of these fragments are passed out of the kidney due to the normal flushing action of the manufacturing of urine. However, sometimes dust and small fragments settle in the more dependent parts of the kidneys. We have developed a method of assisting you with passing these fragments and instructions specific to this technique will be provided to you.

We may provide you with Pyridium which is a medication that can alleviate flank pain or burning with urination. This tiny pill that can be taken approximately every 8 hours as needed for burning. This medication will turn the urine an orange-yellow color. It is also available over the counter and no prescription may be necessary. Another similar medication used to relieve burning or flank discomfort is Prosed DS which can be taken up to 4 times a day. This can turn the urine green. Use these medications only as needed. Sometimes burning can be exacerbated by certain foods such as coffee, caffeinated substances, spicy foods and citrate products. In men, the prostate can become swollen and it can become increasingly difficult to empty the bladder. Medications called alpha-blockers (Flomax, Hytrin, Cardura), are sometimes prescribed to prevent the inability to urinate. You will be provided this prescription if your physician feels that you are at an increased risk for this type of problem.

IF A STENT IS PLACED, IT IS VITALLY IMPORTANT THAT YOU MAKE A FOLLOW UP VISIT TO HAVE YOUR STENT REMOVED.

FOLLOW-UP APPOINTMENTS AND POSSIBLE STUDIES NEEDED

Call 610.323.5550 (Pottstown office) or 610.935.9010 (Phoenixville office) to schedule an appointment to:

___ see Dr. Rose Leech Moreno Kabler or Kalra in ___ day(s) or ___ week(s)
 for ___ routine follow-up
 for ___ cysto and stent removal (stent ON / Off string)

___ see nurse or ___ medical assistant in ___ day(s) or ___ week(s)
 for ___ Foley removal in ___ day(s) or ___ week(s)
 for ___ ureteral stent removal
 for ___ other

___ arrange for:
 ___ KUB x-ray just prior to visit
 ___ CT Scan with without contrast of the Abd Pelvis
 in in ___ day(s) or ___ week(s)

MEDICATIONS

Take ___ Levaquin one daily until finished.
 ___ Cipro twice daily until finished.
 ___ Bactrim DS one twice daily until finished.
 ___ Pyridium/or Prosed as directed.
 ___ Vicodin one to two every 4 hours as needed for pain.
 ___ Percocet one to two every 4 hours as needed for pain.

Regarding Spinal Anesthesia: If you develop a headache specifically after **SPINAL ANESTHESIA**, we recommend drinking more fluids, a caffeinated beverage (ie coffee, coke) and bed rest. If this does not relieve your "spinal headache" you should contact the hospital anesthesiologist on call.

Pottstown Hospital (610) 327-7000
 Phoenixville Hospital (610) 983-1000

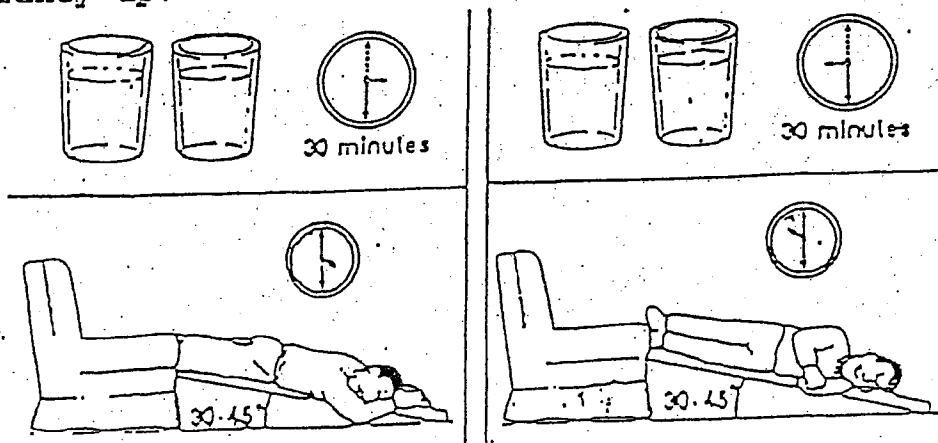
KEYSTONE KIDNEY LITHOTRIPSY
2701 BLAIR MILL ROAD
WILLOW GROVE, PA 19090

POST.ESWL POSITIONING

After the Extracorporeal Shock Wave Lithotripsy treatment the kidney stones are reduced to small particles ranging in size from dust to small gravel. Most of these fragments are passed out of the kidney due to the normal flushing action of the manufacturing of urine. However, sometimes dust and small fragments settle in the more dependant calyces of the kidney. We have developed a method involving drinking fluid and assuming positions that drain those parts of the kidney where fragments seen to hold up. We have been quite successful in increasing the fragment passage of many of our patients.

In order to perform the positioning procedure the patient should:

1. Drink two 8 ounce glasses of water.
2. Wait 30 minutes (otherwise the patient may experience nausea).
3. a. Lie on an inclined plane (30-45 degrees), head down face down for thirty minutes.
b. Lie on an inclined plane (30-45 degrees), head down affected kidney up.
4. After getting up, drink another 8 ounce glass of water. These steps should be followed twice a day alternating 3a & 3b.
5. When sleeping, whenever possible sleep with the affected kidney up.



Reference: Georgetown University Hospital, Urology Division,
4 Physicians Healthcare Center, Washington, D.C.

FM-POES.PST
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KEYSTONE KIDNEY LITHOTRIPSY
2701 BLAIR MILL ROAD
WILLOW GROVE, PA 19090

POST ESWL POSITIONING

Continued.

Guidelines:

1. Positioning should not be started the day of treatment, but rather in the next one (1) or two (2) days post-operative.
2. Positioning should be terminated if the patient becomes dizzy, lightheaded, sweaty or nauseated.
3. Positioning should never be done following a meal or on a "full stomach" after eating.
4. Your affected _____ kidney should be up while in the side-lying position or sleeping.

