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Shockwave Lithotripsy (ESWL)

Post-Procedure Care Instructions for Patients

THE FIRST FEW DAYS

- Rest the day of the procedure; most people resume normal activity the next day.
- **Drink plenty of water** — enough to keep urine light yellow. This helps flush fragments.
- **Stay active and walk** — movement genuinely helps fragments move down and pass.
- **Strain all of your urine** and save every fragment. Bring them to your follow-up for analysis.

WHAT IS NORMAL

- Blood in the urine for **several days** — sometimes quite red at first
- **Episodes of colicky flank pain as fragments pass**, which can come in waves over days to weeks
- Bruising, redness, or tenderness of the skin on your back or side
- Passing gritty sand-like material or small stones
- Burning with urination as fragments pass
- Nausea with severe pain episodes

Passing fragments is the expected course, not a complication. It means the treatment worked.

MEDICATIONS

- **Ibuprofen works particularly well** for stone pain — take with food unless told to avoid it.
- Take narcotic pain medication only for breakthrough pain; use a stool softener with it.
- **Tamsulosin (Flomax)** is often prescribed to help fragments pass — take it as directed.
- Finish any antibiotic you were prescribed.
- Resume blood thinners when your surgeon tells you to.

IF A STENT WAS PLACED

- Expect urgency, frequency, and flank pulling while urinating — normal stent symptoms.
- Ibuprofen and tamsulosin help.
- **Keep your stent removal appointment** — a retained stent becomes encrusted.

Stent removal: _____

ACTIVITY

- Return to normal activity the next day as comfort allows.
- Avoid heavy lifting and vigorous exercise for a few days.
- No driving while taking narcotic pain medication.

FOLLOW-UP IMAGING

Imaging is done afterward to confirm fragments have cleared and the kidney is draining normally. **Keep this appointment even if you feel completely well** — a silently obstructing fragment can damage the kidney without causing pain.

PREVENTING THE NEXT STONE

- **Drink enough water to produce about 2 liters of urine daily.**
- Reduce salt intake.
- Turn in your collected fragments — composition guides prevention.
- A 24-hour urine collection may be recommended.

Follow-up appointment: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- **Fever over 101°F or shaking chills** — especially with flank pain, this can mean an infected obstructed kidney and is an emergency
- **Severe flank pain not controlled by your pain medication**, or pain that keeps worsening
- Nausea and vomiting preventing you from keeping fluids down
- **Inability to urinate**
- Heavy bleeding or passing large clots
- Decreasing urine output
- Feeling faint, weak, or lightheaded

If you have severe symptoms or an emergency, go to the nearest emergency room.