

**Piedmont Stone Center, PLLC**  
**MOBILE LITHOTRIPSY**

\_\_\_\_\_  
(Patient Name)

\_\_\_\_\_  
(Date of Birth)

**DISCHARGE INSTRUCTIONS FOR ESL PATIENTS**

Your physician may have written prescriptions for pain control and antibiotics. Please have these filled promptly. All of the antibiotic prescriptions should be taken as directed regardless of how well you feel. If you have slight pain or soreness you may wish to take Tylenol (every four hours as needed). If this does not control the pain, take the prescribed pain medication as directed. Do not drive a motor vehicle or operate machinery or power tools while taking this medication. If you wear a pain patch, do not reapply for 24 hours. If you are enrolled in a substance abuse program, please contact your counselor regarding any pain prescriptions or narcotics you may receive as part of your stone management and notify your urologist.

Please contact your urologist for a follow up appointment if one has not been scheduled. It is very important that you keep this appointment so that your physician may further evaluate the success of your treatment and your kidney function. If before that appointment, you have (a) a temperature above 101 degrees, (b) persistent nausea, or (c) other problems or questions, please contact your local urologist.

**If you experience pain which is severe and worsening with no relief from your pain medication, please notify your doctor immediately and proceed to the nearest emergency room for further evaluation.**

**DO NOT RESUME ANTICOAGULANTS (BLOOD THINNERS), ASPIRIN, OR NON-STEROIDAL PRODUCTS UNTIL YOUR PAIN HAS BEEN EVALUATED.**

Dr. \_\_\_\_\_ at \_\_\_\_\_ or \_\_\_\_\_

Please go home directly after your procedure. Do not go out to eat in a restaurant as anesthesia may last for several hours. You are urged to follow the instructions below regarding pain medication and/or anesthesia:

1. Rest at home with moderate activity as tolerated. Bedrest is not required, however it is important to rest for 24 hours after anesthesia. Afterwards, you may resume normal activities.
2. Do not drive a motor vehicle, operate machinery or power tools or be up and down stairs without assistance for 24 hours. If a child, do not ride a bike or play on a skateboard, gym set, etc. for 24 hours.
3. Do not make any important decisions or sign important papers for 24 hours.
4. You may experience lightheadedness, dizziness or sleepiness following anesthesia. **DO NOT STAY ALONE.** It is strongly recommended that you have a responsible adult to care for you for the next 24 hours after your treatment.
5. It is common to have bruising, a blister, or a reddened area on your skin at the shockwave area. Please cover any open area with a band aid.
6. Progress slowly to a regular diet. Start with liquids such as soft drinks, then soup and crackers, gradually working up to a regular diet.
7. Do not drink alcoholic beverages, including beer, for 24 hours. Alcohol increases the effects of anesthesia and sedation.
8. Certain anesthetics and pain medications may produce nausea and vomiting in some individuals. If nausea becomes a problem at home and is not controlled by the prescribed medication, call your physician.
9. Check your temperature every four (4) hours for at least 24 hours after treatment. Call your physician if your temperature is 101°degrees or greater. Temperature elevation may indicate infection or obstruction.
10. Please force fluids (one 8 ounce glass every hour when awake). This will help flush fragments from the kidney.
11. Walking is encouraged as it may assist in fragment excretion.
12. Urine may be bloody for 24-36 hours. This is normal. If your urine clears, then becomes grossly bloody or very cloudy with a bad odor, please notify your doctor. NOTE: If you have had a stent inserted, your urine may remain bloody until it is removed.
13. Please strain all urine. Retain any stone fragments in a closed container and take to your physician at your next visit.
14. **POST ESL POSITIONING** - After Lithotripsy, the kidney stones are broken into pieces ranging in size from dust to small fragments. Most fragments will pass with the normal drainage of urine from the kidney. Some fragments may settle in the lower portion of the kidney. Once there, the fragments may need help to dislodge them and encourage passage. Drinking lots of water and lying with the treated side up whenever possible will allow gravity to assist in passing the fragments.

You may be contacted by your physician, hospital staff, or Piedmont Stone Center staff within the next few days to see how you are progressing. I hereby understand, accept and can verbalize these instructions.

\_\_\_\_\_  
Patient, guardian or significant other

\_\_\_\_\_  
Relationship to patient

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time Rev 6.25