

PRE-ESL PATIENT INSTRUCTIONS

1. If you develop any symptoms of fever, cold, or sore throat before your treatment, please notify your physician.
2. The day before your treatment, your physician may want you to take an oral laxative; such as Dulcolax®, ex-lax®, or Magnesium Citrate. You should drink a minimum of 4-6 glasses of water after taking the laxative. Eat a light evening meal. The morning of your treatment your doctor may have you use a Fleets enema. Both the enema and the oral laxative may be purchased at your pharmacy. If you have an early appointment, take your laxative earlier in the day.
3. You may have clear liquids up to 2 hours prior to your arrival time (Water, clear tea, black coffee, soda, clear juice with no pulp, Gatorade.) Do not eat any soups, dairy products, or solid foods 6 hours prior to your arrival time. Please take your blood pressure and heart medications at your normal time. If you need to take any medication within 2 hours prior to your treatment, take with a sip of clear liquid only.
4. No chewing tobacco, dip, or snuff 6 hours prior to your procedure or your case will be cancelled.
5. If you take any medication for weight loss or diabetes, please provide your doctor with the names of your medications as some may need to be stopped prior to your treatment.
6. Shower or bathe before your treatment.
7. Do not take any aspirin or aspirin products 72 hours prior to treatment. Do not take any nonsteroidals 48 hours prior to your treatment. It is recommended to stop all herbal medications for 72 hours. Please refer to the List of Medications to Avoid for all medications which should be discontinued.
8. If you wear a pain patch, please remove it prior to your procedure and do not reapply for 24 hours.
9. Nursing Mothers: You may breastfeed your child two hours after your procedure. However, if your child was premature, has breathing issues, or other health problems, it is recommended to wait at least 12-24 hours after your procedure.
10. 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.
11. Report to your treatment facility on the date and time given to you. If you arrive late, your appointment may be rescheduled.
12. Wear loose fitting clothes (no panty hose, tight jeans, girdles, etc.). Leave money and valuables at home. Please bring your C-Pap / Breathing Machine with you, if you use one.
13. Make arrangements for a responsible adult to take you home after your treatment. **You will not be allowed to drive yourself home or leave alone in a taxi or Uber. Your lithotripsy will be cancelled if you do not have a responsible party to accompany you at discharge. We must have verbal confirmation from your responsible party prior to starting your treatment. Please bring their contact information with you.**
14. For most procedures, plan to stay approximately 2-3 hours; your stay may be shorter or longer.
15. It is strongly recommended that you have a responsible adult to care for you for 24 hours after your treatment.
16. You will need a thermometer to check your temperature for the first 24 hours after your treatment.
17. Your back will be sore after you are treated. A heating pad will help relieve this pain. If you do not have one, you may want to purchase one.
18. If you have unexpected complications, you may need to be admitted to a hospital.
19. If you have any questions regarding these instructions, please feel free to contact your Doctor's Office.

Date of treatment: _____/_____/_____

Time _____:_____AM / PM

Further information: _____

Patient's Signature

Witness

Date

Time

Please visit our website at www.piedmontstonecenter.com for videos and information about your Lithotripsy.