

INSTRUCTIONS FOR EXTRACORPOREAL SHOCK WAVE LITHOTRIPSY (ESWL)

1. The day before your ESWL procedure you may eat a normal breakfast and lunch. You may only have clear liquids for the rest of the day (juice, jello, broth, coffee, tea, or pop). No dairy products. **Nothing to eat or drink after midnight.**
2. At 1 o'clock p.m. the day prior to surgery drink 10 ounces of magnesium citrate. (This is a laxative). You may purchase it at any pharmacy....color does not matter.
3. You may continue to take your regular medications the night before your procedure. On the day of your procedure, medications for high blood pressure, heart, seizure, or asthma (bring your inhaler) should be taken in the morning with a **SIP** of water.
4. **NO** aspirin products for ten days before your ESWL procedure. **NO** Advil, Aleve, Naprosyn, Nuprin, Celebrex, or Motrin for at least three days before your ESWL procedure. Tylenol is okay to take. **PLEASE NOTIFY YOUR UROLOGIST IF YOU ARE ON COUMADIN, PLAVIX, OR OTHER BLOOD THINNER MEDICATION.**
5. Your doctor may like you to have a prelithotripsy KUB (x-ray) done the day before your ESWL procedure. If so, take the prescription for the prelithotripsy KUB to the outpatient department that your insurance company covers:

Rockford Memorial St. Anthony SwedishAmerican

Bring the KUB film with you on the day of the ESWL. The x-ray is very important for the doctor to have, so he can locate your stone.

6. The morning of your ESWL procedure, take a shower and wear loose, comfortable clothes. Leave your jewelry at home.
7. The day of your ESWL procedure you need someone to drive you home after the procedure.
8. Enclosed you will find a prescription for a KUB post lithotripsy to be done 24-48 hours prior to your return appointment. Please take the prescription for the post lithotripsy KUB to the outpatient department that your insurance company covers. This will allow your doctor to see the final result of your treatment. Please bring film to your postoperative appointment.
9. If you have any questions, please call Rockford Urological Associates to speak with a nurse at (815) 398-4057.

SURGERY WILL BE AT: Rockford Memorial St. Anthony SwedishAmerican

DATE

ARRIVAL TIME

SURGERY TIME

HOSPITAL PHONE INTERVIEW: _____ **POSTOP OFFICE APPOINTMENT** _____