

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. Your doctor would like you to take the antibiotic ciprofloxacin with a **SIP** of water the morning of your procedure and again the night of the procedure to prevent infection unless you are already on an antibiotic. If allergic to ciprofloxacin a different antibiotic will be substituted.
7. The morning of your ESWL procedure, take a shower and wear loose, comfortable clothes. Leave your jewelry at home.
8. The day of your ESWL procedure you need someone to drive you home after the procedure.
9. 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.
10. If you have any questions, please call Rockford Urological Associates to speak with a nurse at (815) 398-4057.
11. You will receive a phone call from United Shockwave regarding your insurance and a call from Mobile Anesthesia from the nurse for information for the anesthesiologist. If you do not receive a call from the Mobile Anesthesia nurse by Thursday noon please call (815) 398-4057 extension 147.
12. If you cancel your procedure less than 24 hours ahead or do not show you will be charged \$350.00.

SURGERY WILL BE AT: ROCKFORD UROLOGICAL ASSOCIATES, LTD., 351 EXECUTIVE PARKWAY, ROCKFORD, IL 61107 (815) 398-4057

SURGERY DATE _____ ARRIVAL TIME _____ SURGERY TIME _____
POSTOPERATIVE APPOINTMENT DATE _____ **BRING NEW KUB**