



Wake Forest University Baptist
MEDICAL CENTER®

Urology

Discharge Instructions Following Shock Wave Lithotripsy (ESWL)

It is common to have blood in the urine after your procedure. It may be pink or even red; inform your doctor if you have a significant amount of clots in the urine or if you are unable to void at all. Keep yourself well hydrated at all times.

1. It is not uncommon to have some burning when you urinate or to even notice some stone fragments in your urine.
2. Drink at least 6-8 glasses of fluid per day; minimize night-time drinking if this causes you to awaken regularly to urinate
3. You may resume your regular diet and regular medication regimen.
4. You may shower or bathe.
5. You will be given a prescription for pain medication; continue using this as long as your pain persists. As soon as Extra Strength Tylenol is adequate, you can switch to this instead – it is less constipating. If you have severe pain that does not improve with the pain medication or you have persistent vomiting, call your doctor.
6. Call your doctor if you have significant bruising of the flank.
7. If you have a prescription for an antibiotic when you go home, take these medications as instructed; if you miss one dose, resume taking them on your previous schedule until you have completed the entire course of treatment.
8. As you have just underwent general anesthesia, you should refrain from driving, heavy lifting, smoking, alcohol consumption, or important decision making for the next 24 hours. You may climb stairs and you may resume sexual activity.
9. Call your physician if you have a fever over 101°F.
10. Make a follow up appointment with your urologist when you arrive home (or the next business day).
11. Call your urologist during normal business hours with any other routine questions.