

INSTRUCTIONS: POST EXTRA CORPOREAL SHOCK WAVE LITHOTRIPSY (ESWL)

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. No heavy lifting or exercise for one week.
2. It is okay to shower.

DRIVING:

It is okay to drive when you are not taking the pain medication.

PAIN MEDICATION:

You will be given medications to take home when discharged from the hospital. You may experience some back pain and aching which can last for 1 - 7 days. You may also experience some pain when you urinate.

ASPIRIN/BLOOD THINNERS:

Do not take any aspirin or aspirin containing products, or arthritis medicine. You may take Tylenol for mild discomfort.

FOLLOW-UP:

Our office staff will call you to make a follow-up appointment.