

◆ AFTER TREATMENT

◇ You will be monitored in the recovery room for 1-2 hours until you wake up and are taken back to your room.

◇ Your blood pressure, pulse, and respiration will be taken frequently.

◇ Breathe deeply three times and cough every hour while awake to remove the effects of the anesthesia from your lungs. This should be done for the first few days after your treatment.

◇ Your urine will be bloody which is normal due to bruising of the kidney during the treatment.

◇ You may have some minor skin redness or a bruise after the treatment.

◇ Strain all urine and save stone particles (like sand) for the nurse.

◇ Begin by drinking 1 glass of water every hour, approximately 2 quarts per day.

◇ If you have questions, talk to your health care provider.

◆ RECOVERY PERIOD AT HOME

◇ Upon discharge your nurse will give you a urine strainer, a small jar and a large plastic container.

◇ Strain all urine for 3 months — save stone particles for your doctor to observe during follow-up visits.

◇ Continue to drink 2 quarts of water a day.

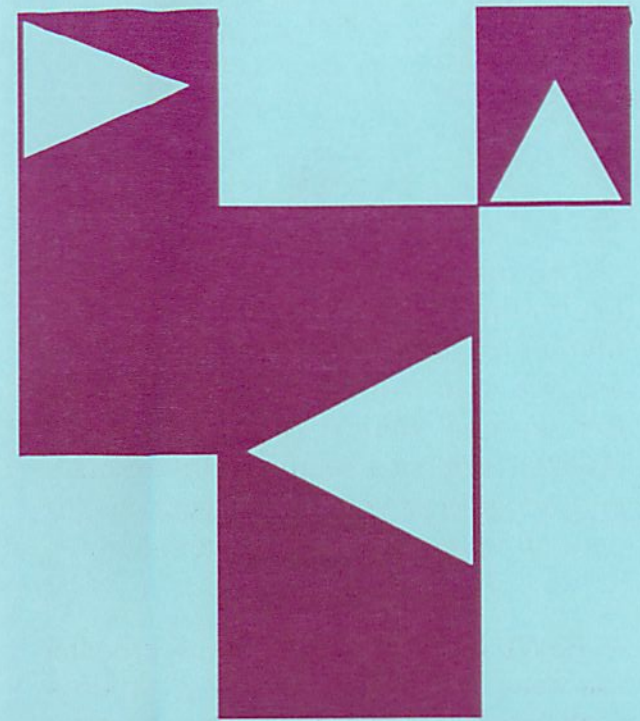
◇ Resume regular diet and medications.

◇ Resume regular daily activity. Do not participate in sports or strenuous activity until urine is no longer bloody; at least a week.

◇ Call your doctor if you are experiencing fever, persistent pain or vomiting.

Additional health information is available through
the MGHS Health Information Center
(906) 225-4950
or 1-800-562-9753, ext. 4950.

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EXTRACORPEAL SHOCK WAVE LITHOTRIPSY (ESWL)

Health Information Pamphlet

 **MARQUETTE GENERAL**
HEALTH SYSTEM



✧ This pamphlet has been designed by the health care professionals of Marquette General Health System to provide you with information about **Extracorporeal Shock Wave Lithotripsy (ESWL)**. We hope you find it informative and encourage you to ask your health care provider any further questions.

✧ ESWL is a treatment that decreases the need for surgery in many patients with kidney stones. Marquette General Hospital provides this service to you through monthly visits by the "Midwest Urologic Stone Unit" mobile lithotripter.

◆ WHAT IS ESWL?

✧ ESWL is a treatment that fragments kidney stones without the need for surgery.

✧ Shock waves transmitted through the skin shatter the stones with little effect on surrounding tissue.

◆ WHAT ARE THE STEPS IN THE PROCEDURE?

✧ You will be reclined on a table and positioned so that the stone(s) can be seen on x-ray screens.

✧ The doctor will activate the generator causing a series of shock waves to be produced. Those waves will break apart the stone(s). This process is continued until the x-ray screen shows that the stone(s) is completely broken up.

✧ The shattering process is viewed on the x-ray screens, and lasts for 45-60 minutes.

◆ BEFORE TREATMENT

✧ Do not eat or drink after midnight.

✧ You may bathe in the morning but do not use lotion, oil, or deodorant.

✧ Remove jewelry, hair pins, and nail polish.

✧ Directly before the treatment, x-rays will be taken of your ureter, kidney, and bladder.

✧ You will have an IV started and be given anesthesia.

✧ Special pads will be placed on your chest to monitor your heart activity.