

Bowel Preparation for Extra Corporeal Shock Wave Lithotripsy

DAY BEFORE TREATMENT

1. Force Fluids – Drink at least 8 – 8 oz. glasses of water this day.
 - a. You must drink at least eight, 8oz. glasses of water today so that you do not become dehydrated. This fluid also plays an important role in cleaning and flushing out the system.
 - b. The liquids may be clear fruit juices (no pulp) such as apple, cranberry or grape, tea or coffee without milk or cream, or plain water. Soft drinks may be consumed unless your physician indicated otherwise.
 - c. The number of glasses of water specified is in addition to all other fluids taken. Patients may drink more than the number specified, but not less.

2. **Light meal throughout the day**
 - a. The prescribed diet does not allow the consumption of foods that will leave solid residue matter in the bowel.
 - b. You **should consume foods, which are clear liquids and low residue.** Foods allowed include broths (fat free), small portions of fowl (white meat only) or fish, jello, jelly and white bread (no butter).
 - c. The small portions of fish or fowl must be baked/broiled-not fried.
 - d. Foods that should **not** be eaten include vegetables, fruits or fruit nectars (only clear juices allowed), nuts, fats, butter, milk, or any milk products, fried foods, beef, pork or lamb, and whole grain cereals.

NO MILK OR DAIRY PRODUCTS ALLOWED

Take 10 oz. Citrate of Magnesia at 5pm (or as close as possible).
You can purchase at your local drug store

You may not eat or drink after midnight.

DAY OF TREATMENT

You are to have nothing to eat or drink unless specific instructions for taking medication were given.

The above instructions are to be followed unless your referring urologist otherwise instructs you.