

## **Post ESWL Positioning (Extracorporeal Shock Wave Lithotripsy)**

**Not all patient will be required to perform the following instructions. Your urologist will instruct you on the day of treatment if these positions are necessary.**

After ESWL treatment the kidney stones are reduced to small particles in sizes from dust to small gravel. Most of these fragments are passed out of the kidney due to the normal flushing action of the manufacturing of urine. However, sometimes some of these particles settle in the lower pole (drainage area) of the kidney and do not pass into the bladder and out of your body. If these particles remain in your kidney, there is a chance that they can form into stones again. We have developed the following procedure if drinking water and assuming positions to help drain those parts of the kidney where stone fragments seem to settle. These positions should be followed twice a day.

1. Drink two 8-ounce glasses of water.
2. Wait 30 minutes.
3. Place one end of an ironing board (or other similar board) on a chair, sofa or coffee table 12-18 inches from the floor. Let the other end rest on the floor so that you now have a 30-45 degree incline plane to lie on.
4. A. Lie on this board, head down, on your stomach for 30 minutes.  
(This position should be done in the AM)  
B. Lie on this board, head down, with your treated kidney UP for 30 minutes.  
(This position should be done in the PM)
5. After getting up, drink another 8-ounce glass of water.
6. Whenever possible, sleep with your treated kidney UP.

**Note:** These positions should be stopped if you become dizzy, lightheaded or nauseated. Continue these positions until your follow up appointment or otherwise ordered.