

Patient Discharge Instructions

Post Lithotripsy Instructions:

1. Drink 2-3 quarts of water a day to dilute the urine and flush out the kidneys.
2. Strain all of your urine and save any fragments for your physician.
(You will be given a strainer and a specimen cup for the fragments from the center on the day of your treatment.)
3. You are encouraged to resume your normal activity at your own pace. Your urologist will instruct you as to when you can resume work.
4. You may eat and drink as tolerated after your treatment. Increase slowly to your normal diet.
5. Your urologist will instruct you as to when you will need a follow up appointment.

Normal Patient Expectations:

1. Blood in the urine is normal. It may be moderate red to light brown color.
2. Moderate discomfort at the treatment site as well as moderate pain passing the sand particles/fragments. Your urologist will prescribe you with a pain prescription following treatment.
3. Nausea is normal following general anesthesia and can last for 24-48 hours.
4. A minor fever of less than 101° for the first 24-72 hours.

Inform Your Urologist If The Following Symptoms Occur:

1. Excessive blood in your urine.
2. Extreme pain not being relieved by any pain medication.]
3. Persistent nausea or vomiting.
4. Fever of 101° or greater.
5. Failure to produce urine for more than 8 hours.

Anesthesia Considerations For 24 Hours Post Treatment:

1. You can not drive a car or operate hazardous machinery.
You Must Have Transportation Home Following Treatment.
2. Do not drink alcoholic beverages or sign any legal documents.

