

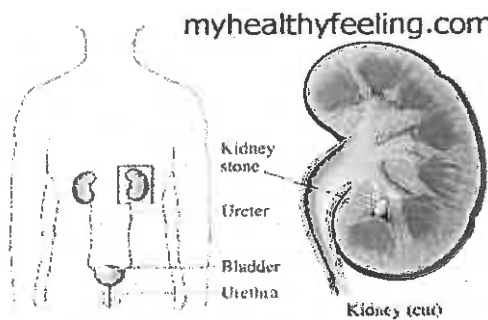
KEYSTONE MOBILE PARTNERS

KEYSTONE KIDNEY CENTER

Post ESWL (Extracorporeal Shock Wave Lithotripsy) Positioning

For Lower Pole Drainage of Stone Fragments

After the ESWL treatment the kidney stones are reduced to small particles ranging in size from dust to small gravel. Most of these fragments are passed out of the kidney due to the normal function of the kidney of manufacturing 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 of drinking water and assuming angled positions to help drain those parts of the kidney where stone fragments seem to settle. The procedure should be followed twice a day.

1. Drink two 8-ounce glasses of water.
2. Wait 30 minutes.
3. A. Place one end of a board (ironing board, 2x12 pine board, or similar board) on the edge of a chair, sofa, coffee table or bed so that it is on an angle when the other end is on the floor.

OR:

- B. Pile up pillows or couch cushions next to a chair, sofa, coffee table, or bed so that an angle is formed towards the floor.
4. A. Lie on this board or cushions, head down by the floor, on your stomach (or on your back if unable to lay on your stomach) for 30 minutes in the morning.
B. Lie on this board or cushions, head down by the floor, on your side (treated side up) for 30 minutes in the evening.
5. At the end of 30 minutes, carefully get up, then drink another 8-ounces of water.
6. Whenever possible, sleep with treated side up.

NOTE: These positions should be stopped if you become dizzy, lightheaded or nauseated. Continue these positions until your follow up appointment or otherwise directed by physician.

SUMMARY:

1. Drink two glasses of water.



2. Wait 30 minutes.



3. Maintain position 4A and 4B for 30 minutes.



4. Drink another glass of water

