

**KEYSTONE KIDNEY CENTER  
PRE-TREATMENT INSTRUCTIONS**

**FOLLOW THESE INSTRUCTIONS CLOSELY. IF YOU HAVE ANY CONCERNS OR QUESTIONS,  
PLEASE CALL YOUR UROLOGIST.**

1. Have your Pre-Admission Testing (PATs) performed as soon as possible, but no more than 30 days prior to your treatment, so that the results may be reviewed. Test results **MUST** be received no later than 48 hours prior to treatment day, if results are not available treatment may be cancelled.
2. Do not smoke or use chewing tobacco for 12 hours before and after your treatment. Smoking constricts blood vessels and slows circulation.
3. Do not drink any alcoholic beverages or use any illicit drugs or medications 24 hours before treatment. These may affect your anesthesia.
4. Do NOT TAKE ANY ASPIRIN, ASPIRIN CONTAINING PRODUCTS OR DRUGS CONTAINING IBUPROFEN. Take acetaminophen products (Tylenol), or ask your doctor for a recommendation for pain relief.
5. If you are taking ANTICOAGULANT MEDICATIONS, consult your urologist for instructions. All anticoagulant medications **MUST BE STOPPED** before treatment. If it is not recommended for you to stop your anticoagulant medications, you will not be a candidate for lithotripsy.
6. If you are taking medication(s) for your heart or blood pressure or other medications that you take daily, the nurse from Keystone Kidney Center will call you with instructions about how to take your medicine.
7. Do not eat or drink anything after midnight. (Including gum, mints, candy or ice chips). It is very important for the success of your treatment to follow the instructions given by the nurse. Failure to follow instructions may result in cancelling your treatment.
8. Arrange for transportation home from our treatment center, as you will be considered under the influence of anesthesia and will **not be permitted to drive yourself.** Family or friends may wait in our lounge area.  
**IF YOU DO NOT HAVE TRANSPORTATION YOUR TREATMENT WILL BE CANCELLED.**
9. Bring insurance cards, forms and/or referrals on the day of treatment.
10. Please bring your most recent x-ray of your kidney stone.
11. Leave money, jewelry and valuables at home. Wear comfortable clothing.
12. Our billing office will contact you only **IF** there are any questions or concerns regarding your insurance coverage.
13. You will receive a call from the nursing staff prior to your treatment. If it is difficult to reach you between the hours of 8am to 3pm, please call us during those hours at (215) 675-9900.