

## Guidelines for Patients after Lithotripsy

1. There may be a burning sensation on urination as stone fragments are passed. It is normal to see blood in the urine for several days. Increase the fluid intake to dilute the blood and decrease the burning sensation.
2. Slight bruising may be noted on the site of treatment.
3. Drink 6-8 glasses of fluid in 8 hours or 2-3 liters in 24 hours following the procedure. Resume a normal diet.
4. Avoid strenuous activity, exercise or work for 24 hours following the procedure. After that time you may resume normal activities unless instructed otherwise by your urologist. Be up and walking as much as possible as this can help the stone fragments pass more quickly.
5. DO NOT drive or operate hazardous machinery for 24 hours or while taking prescription pain medication.
6. Mild back pain is normal. Soaking in a warm bath may help to relieve discomfort.  
For mild pain - Tylenol (regular, plain) 2 every 4 hours as needed  
For moderate pain - Urologist may prescribe pain medication, take as directed.  
For severe pain - if pain is not relieved by your medication, call your urologist or go to the nearest emergency department and inform them that you are a post-lithotripsy patient. They will notify your urologist for further orders.
7. If your doctor orders an antibiotic, fill the prescription and take the medication until it is finished.
8. Continue with other prescribed medications that you were taking prior to treatment, unless you have been told otherwise.
9. Notify your Urologist or go to the nearest emergency department if you have any of the following complaints:
  - ◆ Persistent pain not controlled by medications
  - ◆ Unexplained fever (temperature (above 38°C or 100.4°F) and chills
  - ◆ Persistent nausea and vomiting
  - ◆ If blood clots are being passed in the urine
  - ◆ Inability to urinate
10. Strain urine to collect stones for testing. Strain urine for 2 weeks or until there has been no stones for several days. Some patients do not pass stone fragments until 4 to 6 weeks, please collect these stones.
11. Bring all the stone fragments to your follow-up appointment with the urologist.