

## Guidelines for Physicians and Patients Prior To Lithotripsy

1. Procedure is booked with St. Paul's Hospital
2. Patients must be accompanied by a responsible adult who will transport them to and from the hospital for their procedure. Use of public transportation such as a bus or cab is not allowed. Medications during the procedure may impair judgment and reactions.
3. Patients must be within a three (3) hour drive of the hospital, otherwise they will require an overnight stay in Saskatoon.
4. Recent tests, which may include urinalysis, urine culture, kidney x-rays and an ECG (males over 40, females over 50 years) is required. Please allow sufficient time for results to reach the urologist. The patient may bring the results with them as required.
5. A Lithotripsy nurse may contact the patient one (1) week prior to the procedure to obtain a nursing history and answer any questions.
6. DO NOT take aspirin (ASA) or aspirin-containing medications for one (1) week prior to the procedure. Aspirin can be found in both prescription and non-prescription medications such as cough and cold preparations and pain relievers. Use Acetaminophen (Tylenol) as an alternative during the week prior to your Lithotripsy procedure. Check with a pharmacist or physician if unsure.  
Examples of aspirin-containing medications include:  
Aspirin                      Anacin                      Entrophen                      222's  
Novasen
7. DO NOT take Anticoagulant (blood thinning) or Antiplatelet medications for one (1) week prior to the procedure as these can affect the clotting mechanism of the blood. Check with a pharmacist or physician if unsure.  
Examples of Anticoagulant and Antiplatelet medications include: Sulfinphrazone  
Plavix (Clopidogrel)                      Coumadin (Warfarin)                      Ticlid  
(Ticlopidine) Persantine (Dipyridamole)  
Aggrenox (Dipyridamole/ASA)
8. DO NOT take other medications that are used to treat intestinal conditions and diarrhea (e.g. Ulcerative Colitis or Crohn's Disease) for one (1) week prior to the procedure.  
Examples of these medications include:  
Salazopyrin (Sulfasalazine)                      Asacol                      Mesasal  
Salofalk (5 amino- salicylic acid)                      Pentasa

9. DO NOT take non-steroidal anti-inflammatory agents for 2 days prior to the procedure as these can affect the clotting mechanism of the blood. Check with a pharmacist or physician if unsure.  
Examples of non-steroidal anti-inflammatory medications include: Ibuprofen  
Motrin            Advil            Naprosyn            Naproxen
10. The patient must bring a list of current medications and their dosages or bring the actual medication containers on the day of the procedure.
11. Diabetic patients should consult with their Urologist regarding diet and medications prior to the procedure.
12. One (1) day before the procedure avoid gas-producing foods such as cabbage, broccoli, beans and any carbonated beverages (pop). Have a regular lunch.
13. On the afternoon prior to your procedure take two (2) oral Dulcolax (Bisacodyl) laxative tablets. These can be purchased without prescription at any drug store/pharmacy. This helps to clear the bowel so the stone can be seen easily.
14. No solid food after midnight prior to the procedure. Clear fluids may be taken up to three (3) hours prior to the procedure.
15. Report to the Admitting Department 1-1/2 to 2 hours before your appointment to register.
16. If there are any questions about the procedure, contact the Lithotripsy nurses at 655-5779 on Mondays and Thursdays.

**If for any reason the patient is unable to make your appointment, please call St. Paul's Hospital at 655-5140 as soon as possible so that another patient can be called in to fill the scheduled spot.**