

POST-OPERATIVE DISCHARGE INSTRUCTIONS

EXTRACORPORAL SHOCK WAVE LITHOTRIPSY (E.S.W.L.) with JJ STENT

Extracorporeal shock wave lithotripsy (ESWL) uses shock waves to break a kidney stone into small pieces that can more easily travel through the urinary tract and pass from the body. After ESWL, stone fragments usually pass in the urine for a few days and cause mild pain. If you have a larger stone, you may need more ESWL or other treatments. Complications of ESWL include: pain caused by the passage of stone fragments, blocked urine flow as a result of stone fragments becoming stuck in the urinary tract, urinary tract infection, and/or bleeding around the outside of the kidney.

A stent (double J, JJ) is a prosthetic device that is placed to aid in the passage of stone debris.

Diet: May resume regular diet as tolerated. Drink lots of fluids.

Activity: Quiet activity today and then resume normal activity as tolerated. No heavy lifting or exercising for the next four weeks.

Bathing: May use shower or bathtub when fully recovered from anesthesia.

Post Operative Care: Drink plenty of fluids avoiding caffeinated drinks, spicy foods, and alcohol. Avoid strenuous activity. You may have bladder spasms throughout the day at any time. Flank pain (back pain) is common. It may feel like a dull ache or back spasm. You may feel pain in your kidney when urinating. Be careful engaging in activity that can harm yourself and others (e.g. driving or operating heavy machinery). Blood in your urine is also common could be light pink to cherry color. You may pass stone debris and small blood clots.

Medications:

- Lortab** (5, 7.5, 10 /500) mg one tab by mouth every 6 hours as needed for pain
- Percocet** (5, 7.5, 10/325) mg one tab by mouth every 6 hours as needed for pain
- Pyridium** (100, 200) mg one tab per mouth every 8 hours for dysuria (burning)
- Cipro** (250, 500) mg one tab per mouth twice a day
- Ibuprofen** (400, 600, 800) mg by mouth every 6 hours with food for pain (use Ibuprofen first and if you still have breakthrough pain use your narcotic prescription)
- Other: _____

Follow-up Studies:

- KUB XR** [flat plate x-ray of abdomen that includes a picture of your kidneys, ureters and bladder] Obtain film a few days prior to your follow-up office visit. Bring the film with you to office.

Follow-Up Appointment:

- You have an appointment on _____ at _____ a.m./p.m.
Date Time
- Please call our office for a follow-up appointment within 2 weeks unless otherwise instructed.

Please notify our office for any signs or symptoms of infection, such as fever (>101), chills, nausea, vomiting, or feeling ill. Call if you have bright red continuous bleeding, pain not controlled by your prescriptions, or retention of urine. My assistant, Marlene can be reached during business hours at 505-242-3991 x2026.

Warning: A double J. stent is not a permanent implant and must be managed by your urologist. It is safe if used for short durations (less than 3 months). It can cause significant harm to your urinary system if you fail to have proper medical follow-up.