

Lithotripsy

Post Procedure Instructions

The purpose of treatment with the Lithotripsy was to pulverize stones so that the fragments can be passed through the urinary tract. You may or may not be passing stone fragments until several weeks or, occasionally in 1-2 months after treatment.

- Drink lots of fluids! At least 8 glasses a day for several days, will help the fragments pass and decrease the amount of blood in urine
- Strain urine if requested by physician. Save all stone fragments at home and bring them to Urologist so that he/she may send them off for analysis.
- Resume normal activity in 24 hours. Walking and mild exercise is beneficial, activity will help stone fragments pass.
- Take all medications as prescribed.

Common Symptoms After Lithotripsy

1. **Expect** red-tinted urine for at least 72 hours.
2. You may notice slight bruising and redness on the treatment side/flank area
3. Passing of stone fragments.

Call your urologist if you experience these problems

- Red-tinged urine for longer than 72 hours or passing large blood clots with thick pasty urine.
- Severe pain that is not relieved with prescribed pain medications.
- Fevers over 101.5° F