

## Pre and Post Instruction for Lithotripsy Procedure



### Lithotripsy-Pre Instruction

- Fasting from midnight at least 6-8 hours prior to the procedure.
- Anti-coagulation drugs must be discontinued as per physician's order.
- You may have small amount of clear fluids for any cardiac or anti-hypertensive medication or as advised by the physician.
- Do Corona Virus swab test 2-3 days prior to the procedure if not fully vaccinated.
- Do X-ray of Kidney Ureter Bladder (KUB) on the same day before coming to the clinic
- Make sure all laboratory tests ordered by the physician have been done.
- Make sure you do not have pacemaker or any metallic device in your body.
- Your weight should not exceed 120 kg.
- Pregnancy test should be done for all females from puberty.
- A night before the procedure, take Dulcolax or stool softener as ordered by the physician.
- Register at the reception at least 30 minutes before your appointment.
- Make sure you have someone else to accompany you on the day of the procedure.
- Watchers will stay outside the procedure room once started.



### Lithotripsy-Post Instruction

- Small amount of blood in the urine is normal, and is resolved after drinking plenty of fluids (2-3 liters per day up to 7 days of treatment).
- Passage of stone fragments may cause pain. You may take some pain relievers, like paracetamol, for any discomfort.
- You can resume normal activities the day after the treatment.
- ⚠️ Go to Emergency Department if you have no urine output for 24 hours and if you have fever, chills and rigors.

