



## Patient Instructions

# ESWL

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ESWL (extracorporeal shockwave lithotripsy) therapy uses shock waves directed from outside the body. The stone is targeted with the use of x-ray and multiple high energy pressure waves are focused on the stone until it breaks up into small fragments. These smaller particles can be passed from the urinary tract. Your stone may require multiple treatments.

You may have some discomfort in the back or the flank area on the side you were treated on. You may have some bruising or redness in this area for a few days. You may also have some blood visible in your urine for a few days. These are normal after having this procedure, and will clear up within a week. Please contact your doctor if the bleeding becomes dark/thick.

Stone fragments should begin to pass within 24 hours, though some can take longer. Your doctor may want you to strain your urine to collect the stone fragments so they can be analyzed. Sometimes there are dietary changes you can make to prevent or reduce stone formation. Your recovery room nurse will let you know if you are to strain your urine, and make sure you understand how to do this.

Please feel free to contact your doctor should you have any additional problems or questions. Please call 249-3900 and ask to speak with a triage nurse.