

# Urology Associates of Rochester

David P. Dever, M.D. Laurence A. Donahue, M.D. Melanie M. Butler M.D.  
Brian Adcock, RPA-C, Paul Scheib, RPA-C,  
Crystal Englert, MPAS, RPA-C Lindsay J. Short, MS, RN, FNP

Dear Pat FName :

**Your Extra Corporeal Shock Wave Lithotripsy (ESWL) is scheduled at:**

**on**

**The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-surgical testing is scheduled for at your/the .**

**You will report to Diagnostic Imaging (Radiology) for an x-ray prior to your lithotripsy procedure. After the x-ray is done, the radiology staff will escort you to DOSA (Day of Surgery Admission) Unit, where you will be prepared for your procedure.**

E.S.W.L. (Extra Corporeal Shock Wave Lithotripsy) is a procedure in which sound waves are transmitted through your body to pulverize a kidney stone.

## **PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW**

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. You may have food until Midnight on the day before your procedure. **After Midnight**, avoid milk and milk products, food, carbonated liquids and liquids with pulp. You may have clear liquids up to 4 hours before your procedure. If you are pregnant, have gastroparesis, reflux or obesity, discontinue all liquids as well as solids after midnight before your procedure.
5. No alcohol 24 hours prior to surgery.

6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

**INSTRUCTIONS: POST EXTRA CORPOREAL SHOCK WAVE LITHOTRIPSY**

**DIET:**

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

**ACTIVITY:**

1. It is okay to shower. **No bathing** until seen by the doctor.
2. It is okay to climb stairs when discharged from the hospital.
3. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.

**DRIVING:** You may drive the day after your surgery if you are feeling okay and not taking any pain medications.

**MEDICATIONS:** Please refer to the surgery medication list provided. **Please take 1 adult dose of Simethicone (Mylanta tablets or Gas-x tablets) after dinner the night before your procedure.** These can be purchased over the counter at any drug store. **Do not take any aspirin or aspirin containing products, or arthritis medicine. You may take Tylenol for mild discomfort.**

**FOLLOW-UP:** Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office.

**Please note:** You will need to have a KUB X-ray on the day of your follow up appointment. **Please plan on arriving one hour prior to your appointment to have your X-ray done.** A requisition for the X-ray is enclosed.

**If you have any concerns, please call us at (585)232-2980.**