Home Care After Lithotripsy

Now that your lithotripsy procedure is over, you need to take care of yourself at home. The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after your surgery only.

Medications:
- Prescriptions sent home:_______________________________________________________
- Do not drink alcohol, drive, make any important decisions, work around the stove, machinery, or power equipment while taking pain medicine.
- Non-aspirin over-the-counter medicine for pain___________________________________
- Do not take aspirin or certain other medicines which could increase the chance of bleeding.

Diet:
- The medication used for sedation can make you feel nauseated. Start with clear liquids; anything you can see through such as tea, jello, broth, ginger ale.
- As you feel better, you may add soft foods such as pudding or ice cream.
- When you no longer feel nauseated, you can try your normal diet. You should be back to eating your normal diet after 24 hours.
- You should drink extra fluids to dilute the urine and reduce the discomfort passing the stone fragments.

Activity:
- No limitations
- May return to work/school on ________________________________________________
- No driving for ____________ hours / days.

Anesthesia Precautions & Expectations:
- No limitations
- After anesthesia, rest for 24 hours. Do not drive, drink alcoholic beverages or make any important decisions during this time.

What to Expect After Surgery:
- Mild to moderate discomfort.

Bathing and Hygiene:
- You will be able to do normal bathing and hygiene after the procedure.
Other:

- You may notice blood in your urine for a few days or longer after the procedure. This is normal.
- You may be asked to strain your urine to collect remaining stones or stone fragments so they can be sent to the lab. Bring these stones with you to your follow up appointment.
- Call the office anytime if you have questions or concerns.
- You have a stent that was placed in your ureter to help the stone fragments pass. It is extremely important that you keep your two week follow up appointment.

Call Your Doctor for:

- Questions or problems.
- Your pain gets worse and is not helped by the pain medicine.
- You cannot urinate within 6-8 hours after the Lithotripsy.
- You have large amounts of blood in your urine (spotting is normal).
- Temperature above 101 degrees.

Other Instructions:

- Your return appointment is with Dr. Bodo Knudsen at the 3-C Urology Clinic.

  Appointment: Date Time

- If you have questions or problems, call your doctor’s office at (614) 293-8155.
- If you are unable to reach your doctor, call:
  - The hospital operator at (614) 293-8000. Ask for the resident on call.
  - (614) 293-8333 - OSU Emergency Department

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