

# After Extracorporeal Shock Wave Lithotripsy (ESWL)

Jim Pattison Outpatient Care and Surgery Centre

## ☒ **Take your medicines**

Take pain medicine as soon as you begin to feel any pain.

Follow the instructions on the container for taking the pain medicine.

- The kidney doctor might give you a prescription for pain medicine.
- The kidney doctor might instruct you to take regular pain medicines such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil).

Take your antibiotics as directed until they are all gone.

## ☒ **Return to your regular daily activities**

You might have some aching or abdominal pain for a few days.

It is normal to have some blood in your urine for one to 2 days. This should go away after 2 days.

You can return to your regular daily activities within one to 2 days if you are not having any pain and there is no blood in your urine.

## ☒ **Drink 8 to 10 glasses of fluids each day.**

Your kidney stones have been crushed into small pieces. You need to drink fluids to help flush out the small pieces.

Drinking 8 to 10 glasses of fluid every day might also help stop new stones from forming.

## ☐ **Strain your urine for the next 2 weeks.** (Not everyone is asked to do this)

Place any small pieces into a small container.

Take the container to your surgeon's office so it can go to a laboratory to be analysed. This might help find out what is causing your stones.

## ☒ **Call your surgeon or family practitioner**

Call either your surgeon or family practitioner if any of these happen:

- Your pain gets worse and does not ease with pain medicine.
- You have a fever over 38°C (100.4°F).
- You see more blood in your urine or you are passing a number of clots.

## **For health concerns or questions**

Fraser Health Virtual Care 1-800-314-0999\*

Live chat online: [fraserhealth.ca/virtualcare](https://fraserhealth.ca/virtualcare)

10:00 a.m. to 10:00 p.m., daily

[HealthLinkBC.ca](https://HealthLinkBC.ca) 24 hours a day 811 (TTY 711)\*

\* Interpreters available. Say your language in English 3 times. Then wait until an interpreter comes on the call.