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Department of Surgery

## Lithotripsy Discharge Instructions

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### Pain

- Mild to moderate pain after this procedure is common
- A prescription for pain medication should minimize discomfort
- Take your pain medication with food to prevent stomach upset
- If your Care Partner is available to help you, you may try relaxing in a warm bath
- If pain is severe and medication is not decreasing your pain level within 45 minutes to an hour, notify your urologist

### Activity

- Do not engage in strenuous activity
- Take short walks daily to prevent constipation and blood clots in your legs and to encourage stone fragments to “pass”

### Diet

- Begin slowly with clear liquids such as ice chips, jello, Gatorade and broth
- If you are tolerating liquids, continue to solid food
- Avoid fatty or spicy foods until your appetite returns
- Contact your doctor if you have severe, persistent nausea and vomiting
- It is very important to drink plenty of fluid, especially water. A healthy adult needs 8-10 glasses of water a day. This amount will help flush out stone fragments, prevent infection in the bladder and kidneys, and may even prevent additional stones from forming in the future.

### Urination

- It is common for urine to be a pink or light red color after such a procedure, but it gradually will clear over the next few days
- Strain urine and collect any stone fragments (a strainer and collection container will be provided)—please take them to your next follow-up appointment.
- You may experience difficulty urinating after this procedure
- If you have a full bladder and are unable to urinate for six to eight hours, listen to running water or stand in a warm shower and try to urinate
- If you still cannot urinate, contact your doctor during office hours or go to an urgent treatment center or emergency department if the doctor’s office is closed

### Digestion

- Constipation is common after surgery because of inactivity and pain medication
- Walking, drinking plenty of fluids, and eating a healthy diet rich in whole grains, fruits and vegetables will help prevent constipation
- Take a mild over-the-counter stool softener or laxative if constipation lasts two to three days

Remember to wash hands to prevent infection.

You will receive a follow-up phone call in one to three days after surgery from the Outpatient Recovery department.

If you receive a survey in the mail, please complete it and let us know how your experience was at Greenville Memorial Hospital. We always strive to provide very good care.

Thank you for choosing us.