



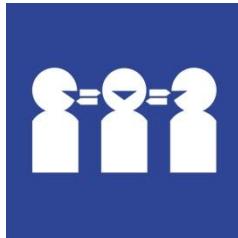
Extracorporeal Shock Wave Lithotripsy

Patient Information

The information in this sheet is for patients who have undergone Extracorporeal Shock Wave Lithotripsy for the treatment of kidney stones.

Leaving hospital

- If you are going home on the day of your surgery you will need to be taken home by a responsible adult. This adult must stay with you for the first night.
- You must not drink alcohol, drive a car or operate complex machinery for 24 hours after your procedure.
- If you stopped taking any medicines before coming to hospital, make sure before you go home, our staff have told you when you need to restart these.
- We will give you three letters. One of these letters is for your family doctor (GP) and one is for the referring Urologist. The third letter is a copy for you to take to hospital if you have any problems.
- You will need to book a follow-up appointment with the referring Urologist who booked you in for your procedure. The referring Urologist may be different to the Urologist who performed your procedure. Before you see the referring Urologist you need to have an x-ray or scan. We will give you a referral form for this x-ray or scan. You should have this x-ray/scan just before your appointment with your Urologist.
- Please take home all of your belongings including any scans and x-rays.
- If you live further than 100kms from the Prince of Wales Hospital you may be entitled to travel assistance. Please ask the treating Urologist or Nurse Unit Manager for a travel form.
- You should be able to return to work after one or two days. If you require a medical certificate, please ask one of the nurses or the Nurse Unit Manager.



Professional interpreters are available if you need help understanding or speaking English. You may have a family member or friend present, but all communication about your treatment should be through a professional interpreter. Interpreter services are free and confidential.

It is your right to ask for an interpreter if one is not offered to you. The staff will book an interpreter for you.

At home

- Drink at least three litres of fluid, mostly water every day. The fluid helps any existing kidney stone fragments, or potential new kidney stones to be flushed through before becoming a problem.
- In summer and when engaging in any strenuous activities it is important to increase your fluid intake. The extra fluid helps to prevent dehydration which can lead to the formation of new kidney stones.
- If you have any symptoms such as feeling burning when passing urine, smelly urine or fever you may have a urinary infection. Please see your family doctor (GP) or go to the nearest hospital Emergency Department.
- If you experience persistent nausea and/or vomiting, or excessive pain please go to the nearest hospital Emergency Department.
- **If you do not have a stent** you may still get blood in your urine. If the amount of blood is not getting less after three days please go to your family doctor (GP).
- **If you have a JJ stent** (plastic tube that goes from your bladder to your kidney), your Urologist needs to remove the stent within three to six months. While the stent is in place you may experience:
 - the need to want to go to the toilet to pass urine more often than usual
 - blood in the urine
 - burning at the end of the urine stream
 - mild to moderate discomfort.These symptoms will increase the more active you are. When the stent is removed these symptoms should be gone within 24 hours, otherwise see your family doctor (GP).
- Collect any kidney stone fragments that you may pass when urinating and give them to your family doctor (GP) to have them tested. The results need to be discussed with your Urologist. Your Urologist may wish to give you some dietary advice, and possibly give you medicines to prevent further stones from developing.
- You may be given a prescription for medicines. Please make sure that you take all medicine as instructed.

If you have any questions or other concerns please telephone Urology Theatres from Tuesday to Friday between 7am and 5:30pm on (02) 9382 4276.

If you need an interpreter to contact us, please call the telephone Translating and Interpreter Service (TIS) on 131 450.