

# EXTRACORPOREAL SHOCK WAVE LITHOTRIPSY (ESWL)

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## WHAT TO EXPECT

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**Minor bruising** may be noticeable on the skin on your back at the site of the procedure, you may take paracetamol or ibuprofen for discomfort.

**Blood in the urine** is common and may last for a day or so after the procedure. Ensure you drink plenty of fluids.

**Stone fragments** – you may notice the passage of 'gravel' (stone fragments) in the urine.

## RETURN TO ACTIVITY

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**Driving** – no driving for 24 hours or until painfree

**Work** – you will require some time off work. The duration will depend upon your occupation. In general you could return to light duties after 24 hours. You should discuss this with your surgeon

prior to your procedure to arrange a certificate  
**Lifting** – avoid heavy lifting for 1 week after your procedure to minimize the chance of secondary bleeding

**Activities** – walking is fine and encouraged after your procedure. Strenuous activity including running, gym, golf, cycling and swimming should be avoided for one week

## FOLLOW UP SCHEDULE

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Follow up depends upon the size and number of stones treated. This will generally vary between 1-3 months after the procedure. Your surgeon will usually request a follow up scan to be done prior to your appointment.

## WHEN TO GO TO EMERGENCY

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**Inability to urinate** – this is rare but may occur if there is significant blood in the urine

**Fever, chills or shakes** – this may indicate infection

**Severe back or flank pain** that cannot be controlled with discharge medication