

General information that will help you prepare for your Extracorporeal Shockwave Lithotripsy (ESWL)

- ❖ Check with your physician to see if any of your prescription or non-prescription medications should be avoided or stopped temporarily before surgery. **Notify your physician if you are taking Aspirin, Aspirin-containing products or any blood thinning medications.**
- ❖ **Do not take any Non-Steroidal Anti-Inflammatory medications (NSAIDS) like Ibuprofen (Motrin, Advil, Naproxen, Naprosyn, Aleve or Toradol) for 7 days prior to the procedure unless otherwise instructed by your physician. Please stop taking any herbal medications or dietary supplements at this time.** Such medications may increase the risk of bleeding during the procedure.
- ❖ Address any questions or concerns with your physician.
- ❖ Make arrangements for transportation to and from the hospital with a responsible family member or friend. You will not be allowed to drive yourself home or be discharged without a responsible adult. The procedure takes approximately one hour and you will spend approximately one hour in recovery prior to discharge from Ambulatory Surgery.

Prior to the procedure:

- ❖ Do not eat or drink anything after midnight prior to the procedure.
- ❖ You can continue to take your medication the night before your procedure. Medications for high blood pressure, heart, seizures and asthma (bring your inhaler) should be taken early morning with a small sip of water. The preoperative nurse will verify this with you during your preoperative visit and/or phone call.
- ❖ Shower or bathe the morning of the procedure. Wear loose fitting clothing and leave your jewelry and valuables at home.
- ❖ The night before take Simethicone (Mylanta Gas, Gas X) 80mg. An over the counter medication available at any drug store helps reduce bowel gas and visualize the stone better on X-ray.