

# Dr Simon V. Bariol

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## Urological Surgeon

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### **Lithotripsy: Discharge Information Sheet**

Your kidney stone has been treated with extracorporeal shockwave lithotripsy (SWL). This means that the stone has been broken into smaller pieces but these gravel stone fragments have to pass out naturally with your urine.

#### **Following your lithotripsy:**

- It is normal to have slight blood in the urine for the first 24 hours. If you have any heavy bleeding contact Dr Bariol or the hospital. If you normally take anti-coagulant (blood thinning) medications which were withheld for the procedure, these can be restarted once any bleeding settles.
- Drink at least 3 Litres of water over the next 24 hours.
- If your stone has not been analysed previously, you should strain your urine through a fine gauze or strainer over the next 2-3 days. If you collect any particles take them along with you when you visit Dr Bariol, so that he can arrange stone analysis to find out the cause of your stone formation.
- While fragments are passing you may experience a little or no discomfort. If you experience pain, take the medications which have been prescribed to you.
- Should you develop either:
  - Severe loin pain which is not controlled by tablets
  - Fever
  - Nausea & vomiting- this may be a sign that there is a stone particle blocking your kidney. You should contact Dr Bariol or the hospital immediately. Alternatively you may attend the nearest Emergency Department.
- You should be able to return to work within 1-2 days. You should make a follow-up appointment with Dr Bariol 2-4 weeks after your procedure. Make sure you have an X Ray a day or two prior to this appointment, and bring your old X Rays along for comparison.