The lithotripsy procedure has fragmented your stone(s) into multiple tiny pieces which will need to be passed in your urine. Most fragments will pass in the first two weeks, but some fragments may continue to pass for up to three months. Some mild pain or discomfort may occur when passing these fragments. Most patients are stone-free in three months, but some patients may need an additional lithotripsy or other procedure to get rid of all the fragments.

1. Drink lots of fluid. To help pass the fragments, drink 8-10 eight ounce glasses of water a day. This will also help reduce your risk of developing new stones. Avoid alcohol and caffeine for 24 hours.
2. Strain your urine. Save the stone fragments and take them to your urologist.
3. A follow-up appointment with your urologist is essential.
4. You may have some blood in your urine for a few days. If bleeding continues for more than 5 days or is severe, contact your doctor.
5. You can resume your every day activities. Avoid sports or strenuous exercise for about a week, or until there is no more blood in your urine.
6. Resume your regular diet.
7. You should resume your regular medications.
8. Percussion Treatments: Percussion is the firm, rhythmic clapping of the back over the affected kidney using cupped hands. The rate should be at least 120 times per minute.
   a. Drink 2 eight ounce glasses of water. Wait 15-30 minutes for water to reach the kidneys and circulatory system.
   b. Lay with head down, feet elevated, and affected side up. Perform percussion of affected side for 10 minutes, twice a day up to 5 days.
   c. Stand and drink 2 additional eight ounce glasses of water.
9. Whenever possible, sleep on the unaffected side so that the affected kidney is elevated.
10. Report the following to your urologist:
    a. Fever over 101 degrees F.
    b. Severe flank pain that is not relieved by oral pain medication.
    c. Difficulty urinating.
    d. Nausea and/or vomiting.
    e. Heavy bleeding in the urine.
Post ESWL Positioning

After the Extracorporeal Shock Wave Lithotripsy (ESWL) treatment, the kidney stones are reduced to small particles ranging in size from dust to small gravel. Most of these fragments are passed out of the kidney due to the normal flushing action of the manufacturing of urine. However, sometimes dust and small fragments settle in the more dependent calyces of the kidney. We have developed a method involving drinking fluid and assuming positions that drain those parts of the kidney where fragments seem to accumulate. We have been quite successful in increasing the fragment passage of many of the patients.

In order to perform the positioning procedure the patient should:

1. Drink two 8 ounce glasses of water.
2. Wait 30 minutes (otherwise the patient may experience nausea).
3. Lie on an inclined plane (30-45 degrees), head down, face down for thirty minutes.
4. Lie on an inclined plane (30-40 degrees), head down affected kidney up.
5. After getting up, drink another 8 ounces of water. These 5 steps should be followed twice a day alternating 3 and 4.
6. When sleeping, whenever possible sleep with the affected kidney up.