



University Hospitals Birmingham
NHS Foundation Trust



Lithotripsy

Post treatment advice

Building healthier lives

UHB is a no smoking Trust

Following your lithotripsy treatment it is recommended that you follow the advice below to aid your recovery:

- Do not drink alcohol for 24-hours after your treatment
- Do not drive for 24-hours
- Drink two litres of water per day. Your urine should be clear
- Ensure you take regular pain killers as directed
- Make sure someone is with you for the rest of the day following lithotripsy

Side effects

Following lithotripsy treatment you may experience a number of side effects. For example you may:

- Pass blood in your urine for about 24-hours. This is nothing to be concerned about but may be helped by drinking plenty of fluids
- Develop bruising on your back. This will be on the side which treatment was given and may last for about a week
- Pass very small fragments of stone in your urine after treatment. If you are able to collect them, please let us know and bring them to hospital as they may be able to be analysed, and tell us something about why you developed a stone

If you develop any of the following symptoms contact us as soon as possible on the numbers at the end of this leaflet:

- Sweating
- Severe pain
- High temperature
- Shivers

Occasionally the kidney which has been treated becomes infected after lithotripsy. If you develop a temperature over 38°C or 100°F, or if your pain cannot be controlled by regular analgesia and you are feeling quite unwell, please report to the Emergency Department (A&E) urgently.

Contact us

Urology Clinical Nurse Specialist

08:00–16:00

0121 371 6929

Ward 624, Queen Elizabeth Hospital Birmingham

16:00–08:00

0121 371 6240

If you do not get any response you may call your consultant's secretary from 08:00–16:00 on the following numbers:

Mrs Smith **0121 371 5736**

Mr Subramonian **0121 371 5739**



Do you really need to go to A&E?
Check symptoms online quickly and safely.
A **free** service for NHS patients.
uhb.nhs.uk/ask

Urology

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