



## Lithotripsy - Post treatment advice

This leaflet is designed to give you advice following your Lithotripsy procedure which will aid your recovery.

- Do not drive for 24 hours following your procedure
- Do not drink alcohol for 24 hours
- Ensure you take regular pain medication as directed
- Make sure someone is with you for the rest of the day

### Possible side effects following Lithotripsy

- It is normal to pass some blood in your urine for several days. It is recommended that you drink at least 2 litres of water per day so that your urine becomes pale in colour. This will reduce the risk of bleeding or infection.
- Bruising on your back or front, on the side treatment was given; this usually disappears within 7 days.
- You may pass some small fragments of stone in your urine. Please collect them and bring them in so they can be analysed.
- Occasionally, the kidney which has been treated can become infected following Lithotripsy. If you develop any of the symptoms below, please report to Accident and Emergency department at Queen Elizabeth or Birmingham Heartlands for urgent medical advice
- High or low body temperature
- Feeling hot, cold or shivery
- Cloudy or offensive smelling urine
- Severe pain not controlled by regular pain medication

**If you need any further information or advice please contact:**

#### **Urology Queen Elizabeth Hospital Birmingham**

Monday-Friday 0800-1600

Urology Specialist Nurses: **0121 371 6926**

Urology Consultant secretaries

Mrs Smith: **0121 371 5734**

#### **Good Hope Hospital**

Monday-Friday 0800-1600

Urology Specialist Nurses: 0121 424 7665

Urology Consultant secretary

Mr Darrad/Mr Dukic: 0121 424 7386

#### **Solihull Hospital**

Urology Specialist Nurses: 0121 424 0093

Monday- Friday 0800-1600

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