Kidney stones are a common health problem causing sharp, sudden and severe pain in the back and/or belly. Kidneys are the body’s filters that dissolve chemicals, which leave the body through urine. Certain chemicals can build up in the kidneys and form stones.

Lithotripsy is one method of treating kidney stones. Shockwaves are produced by a special machine called a lithotripter. The shockwaves travel through water and the body without harming living tissue. When the shockwaves reach a hard kidney stone, they break the stone into very small pieces that can be passed in the urine.

During The Treatment
You will have an IV (intravenous) in place so you can be given fluids and medicine to make you as comfortable as possible. The staff will help you lie on a flat table. X-rays called fluoroscopy are used to see your stone during the treatment. The treatment takes about 30 minutes.

After The Treatment
You may have some discomfort in your back or belly. Sometimes there is redness or bruising on your skin where the treatment was done.

You will have bloody urine for the first few days after treatment. If you have a stent (soft small tube) in place, your urine may be bloody until the stent is removed.

You may also feel the need to urinate often and/or have some burning when you urinate.

Straining Your Urine
You may pass some tiny pieces of stone for several weeks.

- You will need to strain all of your urine with the strainer you are given.
- Bring any tiny pieces of stone to your urologist for testing.
- Your doctor will tell you how long you need to strain your urine.

Other Instructions
Because of the medicines you were given and the treatment you received:

- Start your diet with liquids and then progress to food. If you have nausea, go back to fluids only until it passes.
- Do not drink alcohol for 24 hours.
- Do not drive or use sharp objects or machinery for 24 hours.
- Do not make any legal decisions for 24 hours.
- Do not do any heavy lifting until you get your doctor’s okay.
- You can do your other normal activities.
Call Your Doctor Right Away if:

- Blood in your urine lasts longer than 72 hours
- You do not pass urine for 12 hours
- You have:
  - Uncontrolled pain
  - Temperature of 101°F or above
  - Shortness of breath or cough up blood-tinged mucous

See Your Urologist

It is very important to see your doctor for follow-up after the lithotripsy. Talk to your doctor about any questions or concerns.