

Care after your lithotripsy treatment for kidney stones

Urology Department

Information for Patients

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What should I do after my lithotripsy treatment?

- **do not drive for 24 hours.**
- **please drink plenty of fluids after the treatment.** Try to drink between 2 to 3 litres (4 to 6 pints) per day. This will help the stone fragments to pass in your pee (urine).

What to look out for when you are home

Infection: Sometimes infection can happen because bacteria is released from the stone as it breaks. If you start to get

- flu like symptoms,
- a high temperature (fever),
- feel shivery
- or feel unwell

you must call one of the numbers on page 2 urgently. You may need antibiotics to treat this.

Blood in your pee: You may see blood in your pee for a few days after the procedure. This is quite common and is due to the stones breaking up and moving. This should clear by drinking plenty of fluids.

Pain: The passage of small stone fragments out of your body may cause you some pain. If you have any pain/discomfort you should take the same painkillers as you would for a headache. If this does not work call one of the numbers on page 2.

Bruising on your back: You may also have some localised redness where the shockwaves were directed on your skin. This may sometimes be tender or sore but will slowly reduce.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Contact numbers

If you get

- severe pain,
- start to get a fever and/ or feel unwell,
- or your bleeding increases

please get urgent medical help by calling one of the following:

- **Weekdays 8am to 8pm** - Urology Emergency Admissions unit on 0116 258 8293.
- **Weekdays after 8pm or any time at the weekend:**
 - Call Ward 29 on 0116 258 4247



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk