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Care after your lithotripsy treatment for kidney stones

Radiology Department

Information for Patients

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What should I do after my lithotripsy treatment?

- you can drive if you feel fit and well and can do an emergency stop if needed. Do not drive if you do not feel well enough or have pain.
- please drink plenty of fluids after the treatment. Aim for 2 to 3 litres (4 to 6 pints) each day. This helps the stone pieces to come out in your pee (urine).

What to look out for when you are home and when to get help

Infection. You could get an infection if bacteria is released from the stone as it breaks.

Get urgent help if you get any of the following:

- flu like symptoms
- a high temperature (fever), shivering
- or feel unwell, feel like you will be sick (nausea), or you are sick (vomiting)

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. This is quite common. It is due to the stones breaking up and moving. This should clear by drinking plenty of fluids.

Pain. Small stone pieces can cause pain when they pass out of your body. You can 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 have some redness in the skin over where we aimed the shockwaves at your stone. It can be tender or sore. This will get better on its own.

Contact numbers

Get urgent help if you get any of the following:

- very bad pain
- a high temperature (fever)
- shivering
- feel unwell
- feeling sick or being sick
- the blood in your pee is getting worse

Call one of the following:

- **Weekdays 8am to 8pm**

  Urology Emergency Admissions Unit

  Phone: **0116 258 8293**

- **Weekdays after 8pm or any time at the weekend:**

  Ward 29

  Phone: **0116 258 4247**

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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

We are a research hospital and you may be asked to take part in research

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