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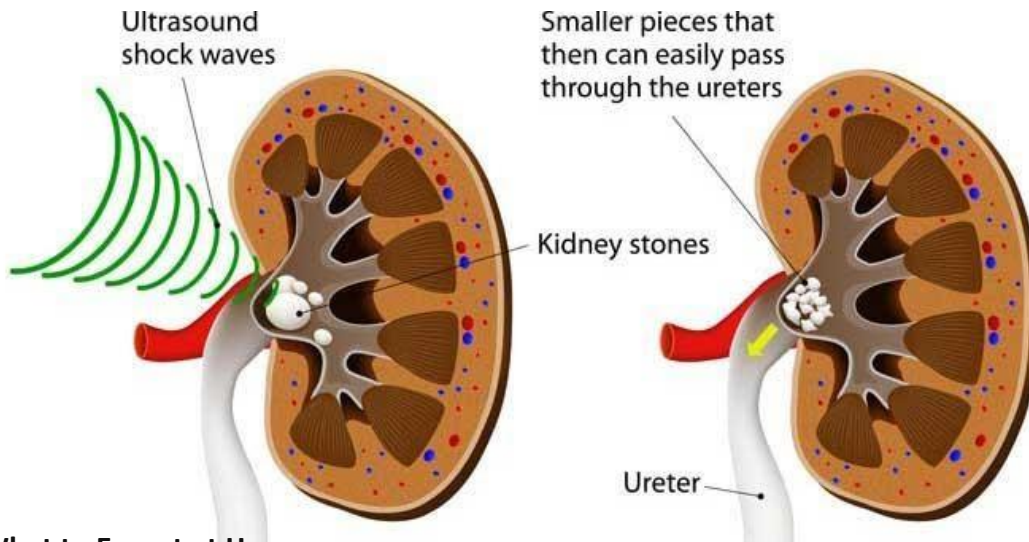
## Extracorporeal Shock Wave Lithotripsy (ESWL)

**Extracorporeal** means it occurs *outside the body*.

**Lithotripsy** is from the Greek words for 'stone' (litho) and 'crushing' (tripsis).

Lithotripsy is a non-invasive surgical procedure used to treat kidney stones.

High-energy shock waves are transmitted from outside the body to break up kidney stones. The remaining kidney stone fragments are small enough that they can more easily pass through the urinary tract. Because lithotripsy is noninvasive and highly effective, it is one of the most common treatments for kidney stones in the United States.



### What to Expect at Home

- It is normal to have blood in your urine for a few days to a few weeks after this procedure.
- You may have to urinate (pee) more often than normal.
- As fragments pass, you may have some burning when you urinate
- You may have pain and nausea when the stone pieces pass.
- These symptoms may begin soon after treatment and may last for 4 to 8 weeks.
- You may have some bruising on your back or side where the stone was treated if sound waves were used.
- You may also have some pain over the treatment area.

**Self-care**

You must have someone to drive you home from the hospital. Rest when you get home. Most people can go back to their regular daily activities 1 or 2 days after this procedure.

Drink a lot of water in the weeks after treatment. This helps pass pieces of stone that still remain. Any stones you find can be sent to a medical lab to be examined.

Learn how to [prevent your kidney stones](#) from coming back.

You will need to see your provider for a follow-up appointment in the weeks after your lithotripsy with an xray to see if any fragments remain.

**When to Report an Issue or Go to ER**

- Passing large blood clots with thick pasty urine.
- Severe pain that is not relieved by medications.
- Fevers over 101.5° F