

ESWL Preoperative Patient Instructions

Do not take aspirin (Bufferin, Excedrin, etc) or aspirin-containing medications such as Ibuprofen (Motrin, Nuprin or Advil), Indocin or Persantine (Dipyridamole). If you are taking aspirin or Persantine for your heart or to prevent stroke, **check with your family doctor.** If you are taking any blood thinners (anticoagulants), such as Coumadin, **please notify the prescribing physician.**

☐ **DAY BEFORE THE PROCEDURE (SURGERY BEFORE 3 P.M.)**

- Low fiber breakfast and lunch.
- At 3:00 p.m., drink one bottle (10 ounces) of Magnesium Citrate (purchased at your local drugstore) followed by at least 10 ounces of water or other liquids (except dairy products). You will probably have diarrhea for about two hours after this.
- Drink plenty (at least three glasses) of liquids (but not solid food) in the afternoon and evening.
- Liquids only (except dairy products) for dinner. This may be clear soups, jello, fruit juice, tea, coffee or sodas.
- **Nothing to eat or drink after midnight unless otherwise instructed by your physician's office/hospital. No smoking for 24 hours prior to surgery.** You may rinse your mouth for tooth brushing.

☐ **THE DAY BEFORE THE PROCEDURE (SURGERY AFTER 3 P.M.)**

- Low fiber lunch and dinner.
- At 7:00 p.m., drink one bottle (10 ounces) Magnesium Citrate (purchased at your local drugstore) followed by at least 10 ounces of water or other liquids (except dairy products). You will probably have diarrhea for about two hours after this.
- Drink plenty of clear fluids (at least three glasses) during the evening.

The Morning of the Procedure (Surgery after 3 p.m.)

- You may have clear liquids only for breakfast (**except dairy products**) **at least eight (8) hours** prior to your procedure time.
- **Nothing to eat or drink after midnight unless otherwise instructed by your physician's office/hospital. No smoking for 24 hours prior to surgery.** You may rinse your mouth for tooth brushing.