

THE UROLOGY GROUP

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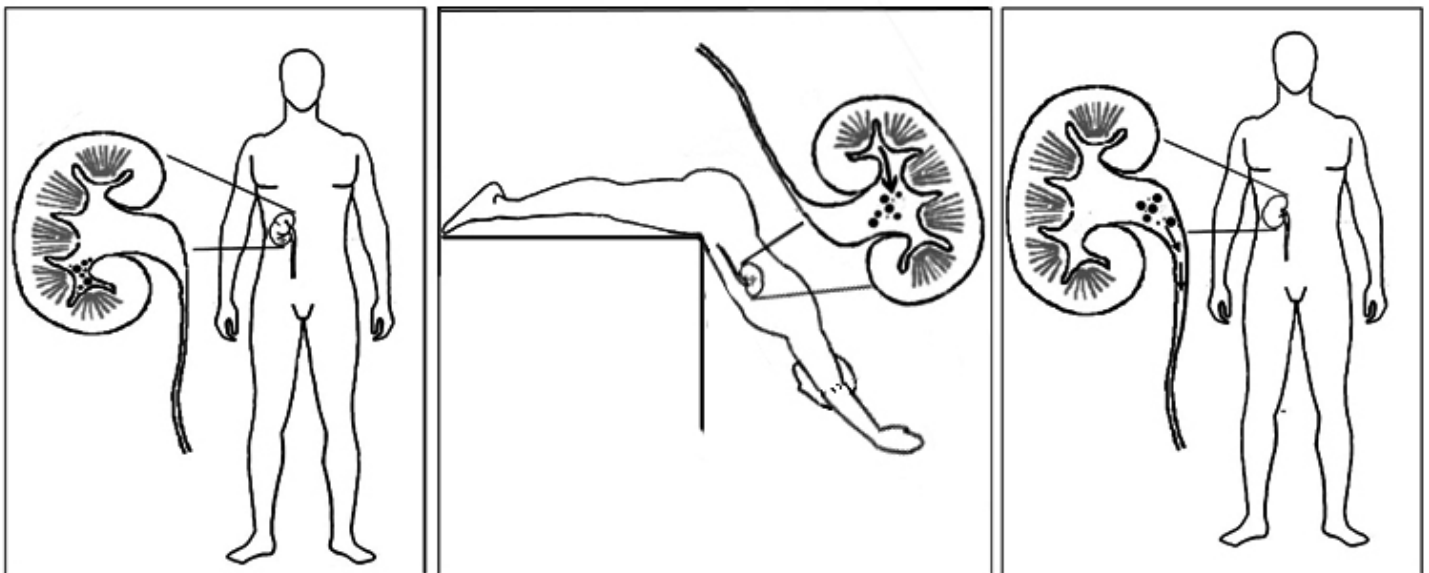
POST ESWL POSITIONING (INVERSION THERAPY)

After Extracorporeal Shockwave Lithotripsy (ESWL) treatment, the kidney stones are often reduced to small particles ranging in size from dust to small gravel. Most of these fragments are passed out of the kidney due to the normal flushing action of the manufacturing of urine. However, sometimes dust and small fragments settle in the more dependent calyces of the kidney, especially for **lower pole stones**. Fluids and positioning can help these fragments exit the kidney.

1. Drink 16 ounces (2 cups) of water. This will increase urine production to help flush out stone fragments. Alternatively, you may drink coffee to flush fluids through the kidney.
2. Lay upside down on the bed for 20 minutes. Place one or two pillows under your head for comfort. You may have someone tap on the kidney (lower rib cage) to jostle the fragments.
3. Drink another 16 ounces (2 cups) of water to flush the fragments down.

Continue straining the urine. Perform this twice a day until you do not see any more fragments for three days.

Whenever possible, sleep with the affected kidney up.



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Reference: Schuler TD, Ray JA, Pace KT, et al: Optimizing Outcomes Following Shock Wave Lithotripsy. American Urologic Association Update Series 2009, Volume 28, Lesson 16. © 2009 American Urological Association, Education and Research Inc., Linthicum, MD.