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POST ESWL POSITIONING
(Extracorporeal Shock Wave Lithotripsy)

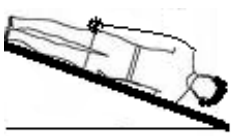
ESWL treatment breaks your kidney stones into particles ranging in size from dust to small pieces of gravel. Most of these fragments pass out of your kidney with normal flow of urine from the kidneys into the bladder. Occasionally, some of these small particles settle in the lower pole (drainage area) of the kidney and do not pass into the bladder and out of your body. If these particles remain in your kidney, there is a chance that they will form into stones again. In order to help these particles pass, we have developed the following procedure which you should follow twice a day:

1. Drink two 8-ounce glasses of water.
2. Wait 30 minutes.
3. Place one end of an ironing board (or other similar board) on a chair or stool 12 to 18 inches from the floor. Let the other end rest on the floor so that you now have a 30-45 degree inclined plane to lie on.
4. **A.** Lie on this board, head down, on your stomach for 30 minutes.
   B. Lie on this board, head down, with your affected kidney UP for 30 minutes.
5. After getting up, drink another 8-ounce glass of water.
6. Whenever possible, sleep or rest with the affected kidney up.

NOTE: The steps above should be followed twice a day alternating 4a with 4b.

While you are laying on the board, you may have someone gently pound or vibrate the area over your kidney. This will help to loosen the stone particles. You should notice an increase in the amount of gravel in your urine after following this procedure.

SUMMARY

STEP 4A:
1) Drink two glasses of water THEN **2)** Wait 30 minutes THEN **3)** Maintain position for 30 minutes THEN **4)** Drink one glass of water.

STEP 4B:
1) Drink two glasses of water THEN **2)** Wait 30 minutes THEN **3)** Maintain position for 30 minutes THEN **4)** Drink one glass of water.