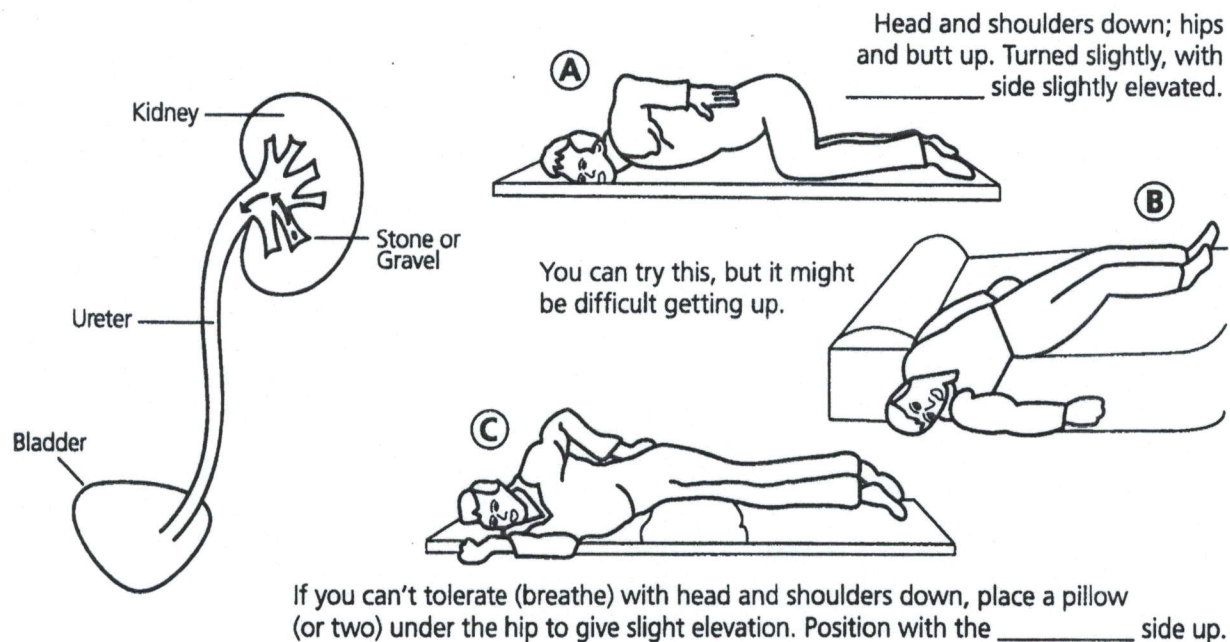


Kidney Stone Treatment Center

ESWL is not a procedure that removes kidney stones—it is a procedure that breaks up kidney stones into tiny sand-like particles. The patient then has to pass these particles.

The kidney drains urine from its midportion. If the treated stone is in the lower part of the kidney, the particles need to travel upward before they can be passed out of the kidney into the ureter and then the bladder. We have found that there are some special “exercises” you can do in order to let gravity help you. These “exercises” should be done twice a day for two weeks. As your head is lower than your hips (and, therefore, your stomach), it is best to be done at least one hour before a meal or two hours after a meal to avoid nausea.

1. Drink an 8-ounce glass of water. Wait 10-20 minutes so the water may reach the kidney.
2. Assume the knee-chest position as shown in **position A**. It is important to have the “stone” kidney higher than the other side, with the hips higher than the chest/shoulders. If someone is available to assist you, have them cup their hands and gently “tap” you over the kidney area for 5-10 minutes. (“Tapping” or “cupping” is done with the wrist and in a similar motion as doing the doggy paddle.)
3. If you would prefer, instead of **position A**, you may try lowering your shoulders and upper body off the bed as in **position B**. The “stone” kidney needs to be highest. Try to stay in this position for 5-10 minutes.
4. After either of these positions, be sure to get back up slowly to avoid dizziness. Drink another 8-ounce glass of water.



For more information on ESWL Procedure please talk to your physician. For additional questions call _____ at _____ or call the Kidney Stone Treatment Center at 1-877-51-STONE (78663).