

**VALLEY HOSPITAL,  
Jaqua Same Day Services at the Luckow Pavilion, Paramus, NJ**

**Lithotripsy Instructions**

Please pay careful attention to all of the information below so your procedure will go on as planned without delay or cancellation.

- **If you have a CARDIAC PACEMAKER, DEFIBRILATOR, or any implanted electrical device tell your surgeon immediately as there are special considerations to be made for treatment, done only at the main campus in Ridgewood, after review by an anesthesiologist.**
- The evening before your treatment eat a light meal and drink your usual amount of fluids to stay hydrated. Avoid gassy foods such as milk, cheese, turkey, cabbage, beans, and brussel sprouts.
- **DO NOT eat or drink anything including water, ice, candy, mints, and gum, and do not smoke after midnight.**
- You **should** take your heart, asthma, blood pressure, seizure, transplant, thyroid, antidepressant, anxiety, multiple sclerosis, Parkinson's disease medications as usual, but with a small sip of *only* water. Please speak with your urologist and primary care physician before taking any other medications on the day of your procedure.
- Wear loose, comfortable clothing. **Do not wear any jewelry, body piercings, and dermal anchors to the hospital. Leave your valuables home.**
- **You must have a responsible adult age 18 or older to drive you home.** A taxi driver does not meet these criteria unless you are accompanied by a family member or friend. **Failure to have a support person drive you home will result in cancellation of your procedure.**
- You will be at the Luckow Pavilion approximately 3-4 hours total and your support person will need to be available to take you home soon as you are ready to leave. If you are transported to the Luckow Pavilion by ambulance or transport service, you must also bring a support person with you.
- **If there is any possibility that you may be pregnant, tell your urologist. Lithotripsy cannot be done if you are pregnant.**
- On the day of treatment you need to bring your driver's license or other photo ID, and your insurance card (s), any pharmacy/medication cards, and if you have an Advance Directive for healthcare or Living Will, please bring a copy of it.
- Your pain will be managed throughout your entire treatment. If you experience pain during any part of your treatment or recovery, inform your physician, nurse, or anesthesiologist. Your urologist will give you a prescription for pain medication to use while at home. You may use our pharmacy to fill your prescription(s). It is located on the first floor near the front entrance for your convenience.

\*\*\*\*\*MEDICATION ALERT\*\*\*\*\*

1. Do not take **ASPIRIN** or aspirin containing drugs, including baby aspirin, within 7 days before treatment. **IBUPROFEN** (Advil, Motrin) and other **ANTI-INFLAMMATORY** or **ARTHRITIS TYPE** medications should be stopped three (3) days before treatment. **Taking these medications can seriously increase your risk of bleeding as a result of lithotripsy.** Acetaminophen (Tylenol) **CAN** be taken for aches and pains right up to the day of treatment, and any pain pills your urologist may have prescribed for you to use before your procedure as needed.
2. If you are taking **DAILY ASPIRIN** or a **BLOOD THINNER** such as COUMADIN, you need instructions from your primary care physician and surgeon, plus your cardiologist if cardiac indications. You most likely will need a **PT/INR blood test** prior to your procedure.
3. If you are taking medications for **DIABETES**, you must talk with your primary care physician for special instructions about what to do on the morning of the procedure.
4. **BE SURE TO CHECK THE LIST ON THE BACK OF THIS PAGE FOR ANY OTHER MEDICATIONS THAT NEED TO BE STOPPED BEFORE YOUR TREATMENT. HOWEVER, DO NOT STOP TAKING ANY PRESCRIBED MEDICATIONS WITHOUT FIRST CHECKING WITH YOUR DOCTOR.**

**If you have any questions about these instructions, or about any medications you might be taking, please call your urologist.**

**PREPARATIONS CONTAINING ASPIRIN OR SALICYLIC ACID DERIVATIVES MUST BE STOPPED SEVEN (7) DAYS PRIOR TO TREATMENT**

Acuprin	Alka-Seltzer	Anacin	Argesic	Arthra-G
Arthritis Pain Formula	Arthropan	Artria	Ascriptin	Aspergum
Aspirin	Aspirin with Codeine	Aspro	Asproject	Axotal
Ascone Tablets	Azdone	Baby Aspirin	B-A-C Tablets	Bayer Aspirin
BC Powder & Tablets	Bexphene	Bufferin	Coricidin	Coryphen
Damason-P	Darvon Compound	Disalcid	Doan's Pills	Dolene
Doxaphene	Duradyne	Easprin	Ecotrin	Empirin
Empirin with Codeine	Endodan	Equagesic	Equazine-M	Execedrin
Florinal	4-Way Cold Tablets	Gelpirin Tablets	Gemnisyn	Genprin
Halfprin	Healthprin	Lortab ASA	Magan	Magsal
Mepor Compound	Meprobamate with Aspirin	Meprogesic Q	Midol	Mobidin
Momentum	Mono-Gesic	Norgesic	Norgesic Forte	Novasen
Oxycodone with Aspirin	Pabalate-SF	P-A-C	Panasal	Pepto-Bismol
Percodan	Phenetron Compound	Propoxyphene Compound	Quiet World Tabs	Rexolate
Robaxisal Tablets	Robomol	Roxiprin Tablets	St. Joseph's Baby Aspirin	S-A-C
Salsalate	Salsitab	Sine-Off	Solprin	Soma Compound
Soprodol Compound	Synalgos-DC Capsules	Talwin Compound	Trilisate (Choline Trisalicylate)	Trigesic
Tusal	Vanquish	Winsprin	Zorprin	

**ANTICOAGULANT MEDICATIONS - STOP AS DIRECTED**

<p><b><u>Stop Three (3) Days Prior to Treatment</u></b></p> <p>Aggrenox                  Agrylin                  Innohep                  Miradon                  Persantine (Dipyridamole)                  Pletal                  Trental</p>	<p><b><u>Stop Seven (7) Days Prior to Treatment</u></b></p> <p>Fragmin                  Plavix (Clopidogrel)                  Ticlid (Ticlopidine)</p> <p><b><u>Stop 24 Hours Prior to Treatment</u></b></p> <p>Lovenox</p>	<p><b><u>Consult Your Physician</u></b></p> <p><b>Bannix</b> – Last dose 12 hours before treatment, with PT / PTT / INR in AM  <b>Coumadin (Warfarin)</b> - must have normal with PT/PTT/INR before treatment  <b>Heparin</b> ** At least four (4) Hours Prior to treatment with PT / PTT / INR prior to arriving at Center  <b>Arixtra (Heparin)</b> - Same as Above</p>
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**PREPARATIONS CONTAINING NONSTEROIDAL ANTI-INFLAMMATORY (NSAID) AGENTS MUST BE STOPPED THREE (3) DAYS PRIOR TO TREATMENT**

Aches-N-Pain	Advil	Aleve	Anaprox	Anaprox DS
Ansaid (Flurabiprofen)	Arthrotec	Bextra	Butazolidin	Cataflam
Celebrex	Clinoril (Sulindac)	Co-Advil	Daypro (Oxaprozin)	Dolobid (Diflunisal)
Dristan Sinus Pain Reliever	Elmiron	Feldene (Piroxicam)	Genpril	Haltran
IBU	IBU-Tab	Ibuprin	Ibuprofen	Ibuprohm
Indocin (Indomethacin)	Lodine (Etodolac)	Meclomen (Meclofenamate)	Medipren	Menadol
Midol IB	Mobic (Meloxicam)	Motrin	Motrin IB	Nabumetone
Nalfon (Fenoprofen)	Naprelan	Naprosyn (Naproxin)	Nuprin	Orudis (Ketoprofen)
Oruvail	Pamprin	Ponstel (Mefenamic Acid)	Relafen	Rufen
Saleta-200	Tolectin (Tolmentin)	Toradol (IM or Tablets)	Trendar	Tricosal
Vioxx (Rofecoxib)	Voltaren (Diclofenac)			

**ALL HERBAL MEDICATION MUST BE STOPPED TWO (2) WEEKS PRIOR TO TREATMENT – ESPECIALLY:**

Camomile	Echinacea	Evening Prime	Rose Oil	Feverfew	Ephedrine / Mahuang
Fish Oil	Garlic	Ginger		Ginko Biloba	(Metabolife, Fit America, Ripfuel)
Ginseng	Kava-Kava	Pau d'arco		Red Clover	Red Bull –more than two (2) cans per day
St. John's Wort	Tang-Kuei	Valerian		Vitamin E	Yarrow

**WEIGHT LOSS DRUGS MUST BE STOPPED SEVEN (7) DAYS PRIOR TO TREATMENT**

Fenfluramine (Pondimin)	Redux	Phenterimine (Adipex, Duromine, Fastin, Lonamin, Obephen, Obe-Nix, Oby-Trim, Phentercot, Phentrol, Zantryl)
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**MAO INHIBITORS - MUST BE STOPPED 14 DAYS PRIOR TO TREATMENT – PLEASE CONSULT YOUR PHYSICIAN**

Nardil (phenelzine)	Parnate (tranylcopromine)	Eldepryl (selegiline / L-Deprenyl)
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