

Do you want to know?

Urolithiasis - Kidney Stones

L11
sheet 1/1

What is it?

Urolithiasis refers to the presence of stones (calculi) in the urinary tract. Calculi may be found anywhere in the urinary tract from the kidney to the bladder and may vary in size. These stones may travel down the urinary tract and lodge anywhere throughout the urinary tract. It is this movement that causes the renal pain. The most common signs and symptoms of stones in the kidneys are: intense deep ache in the region between the back and the waist, pain radiating towards the bladder in females and the testis in males. Signs and symptoms of stones in the ureters are: sudden, colicky, wave-like pain radiating down to the thigh and to the genital area, and an urge to void but very little urine is passed.

What do you need to know?

Drugs



Use the medications as prescribed by your physician. Complete the treatment course even if symptoms have cleared.

Diet



- Regulate your diet according to the type of stones and as instructed by your dietitian or physician.
- Limit calcium intake to 800mg/day in case of calcium stones.
- Avoid shellfish, meat extracts and organ meats in case of uric acid stones.
- Avoid green leafy vegetables, beans, black berries, tea, coffee, chocolate, enriched Vitamin C drinks, and peanuts in case of oxalate stones.
- Increase fluid intake to prevent dehydration and promote the passage of the stone through the urinary tract.

Activity



Ambulate with assistance or as ordered by your physician.

Therapeutic Measures



- Strain all urine with a gauze to detect any spontaneous passage of a stone.
- Inspect the sides of the containers you are asked to void in for clinging stones and report their passage in the urine.

Considerations



- Report immediately any sudden increase in pain. A stone may be obstructing the ureter.
- Report signs of urinary tract infection such as chills, high temperature, difficulty urinating and frequent urination.
- Report signs of obstruction such as frequent urination of small amounts, decreased or absence of urine output, and/or bloody or cloudy urine.
- Apply the following measures to prevent recurrence of kidney stones:
 - Maintain adequate fluid intake.
 - Drink sufficient amounts of fluids in the evening to prevent urine from becoming too concentrated during the night.
 - Avoid strenuous activities and sudden increase in environmental temperature. These may cause excessive sweating and dehydration.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.