

Kidney Stones

Symptoms of Kidney Stones:

- Visible blood in the urine
- Nausea and vomiting
- Mild to severe pain that starts in the back and moves to the front and groin areas
- Frequent and/or painful urination

Testing for Kidney Stones:

- Urinalysis to check for blood in the urine
- KUB (an x-ray of the kidneys, ureters, and bladder)
- CT Scan
- Blood test that checks the kidney function

Treatment Options:

- If the stone is small enough, you may pass the stone on your own with the help of medication along with increasing your fluid intake
- Surgical treatments options are available if the stone is too large and cannot pass on its own
 - Electronic Shock Wave Lithotripsy (ESWL): treats stones in the kidney or proximal ureter
 - Ureteroscopy: treats stones stuck inside the ureter
 - Percutaneous Stone Removal: surgical procedure used for larger stones and performed through an incision made in the back
- Stents may be placed after these surgical procedures to allow the ureter to heal and urine to drain into the bladder

Stone Prevention:

- Increase fluid intake
- Limit alcohol and caffeine
- Limit sodium intake and animal protein
- Avoid high-oxalate foods such as chocolate, nuts, and leafy greens
- Only consume the recommended amount of calcium daily

Call your doctor or go to the nearest emergency room if you experience the following:

- Inability to urinate
- High fever, chills, or increased weakness
- Severe pain or heavy bleeding that does not go away
- Vomiting and Diarrhea

