

Kidney Stones: Your Prevention and Passing Guide

Medical-Surgical · Renal & Genitourinary

Kidney stones are hard pieces that form in your urine. Drinking more and changing a few foods help stop new stones, and knowing the warning signs keeps you safe while a stone passes.

Drink more every day

- Drink about 12 cups (3 liters) of fluid a day, mostly water, or the amount your provider sets.
- Your urine should look pale yellow, almost clear.
- Spread drinks through the day and evening. Drink more on hot days.
- Your fluid goal: _____.

Eat less salt and meat

- Keep sodium under 2,300 mg a day. Read food labels.
- Cut back on canned soup, deli meat, fast food, and salty snacks.
- Eat smaller portions of meat, chicken, fish, and eggs. Eat more fruits and vegetables.

Keep eating calcium foods

- Milk, yogurt, and cheese help prevent stones. **Do not cut them out.**
- Do not take calcium pills unless your provider prescribes them.
- Ask before taking vitamin C pills.

Follow your stone type

- Your stone type: _____.

- Only if your provider says you have calcium oxalate stones: limit spinach, rhubarb, beets, and nuts. Eat them with a calcium food.
- Keep your follow-up visits and urine tests.

While a stone is passing

- Pour all your urine through the strainer.
- Save any stone in a clean, dry container. Bring it to your provider.
- Take your pain medicine as directed. If you take tamsulosin, stand up slowly.

Call your provider today if you have

- Pain your medicine does not control
- Vomiting that stops you from drinking: call right away
- Burning or cloudy urine without fever
- Blood clots in your urine

Call 911 or your local emergency number if you have

- Fever or chills with pain in your side or back
- Little or no urine
- Confusion, fainting, or fast breathing

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/kidney-stones-prevention/patient

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