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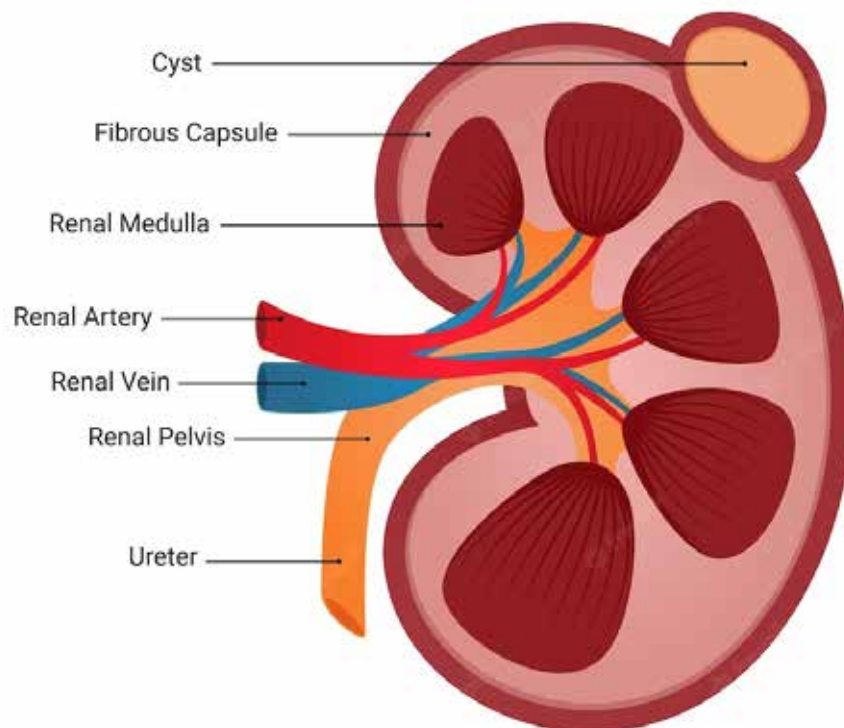
April 2023



UNDERSTANDING KIDNEY STONES

What is a Kidney Stone?

Kidney Stones are **rock-hard materials** inside the kidney that are formed due to **high levels of different minerals** and **low fluid concentration**. The size of Kidney Stones can be as small as a grain of sand to as big as a golf ball.



Kidney Stones at a time, can form in both the kidneys. At start they are small and asymptomatic, but can exponentially grow in size and travel towards ureter.

Symptoms

While most Kidney Stones usually pass on their own naturally within a few days to a few weeks, some stones can be bigger in size and cause extreme pain. It is thus important to be vigilant and look out for the following symptoms:



Sharp pain
in back &
abdomen



Nausea
and
vomiting



Abnormally
coloured
urine



Pain in
groin/lower
abdomen area



Fever
and
chills



Foul
smelling
urine



Constant
need to
urinate



Burning
sensation while
urinating

Causes/Risk factors:

Often, Kidney Stones do not have a single or specific cause. Kidney Stones form as a result of low fluid concentration in the urine, which increases the amount of toxic waste. Listed below are the major cause/risk factors for kidney stone.



Less water intake
(dehydration)



High sodium/
protein diet



Certain
medicines



Family and/or
personal history



Diseases of
urinary tract

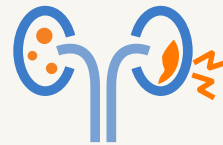


Digestive tract
diseases/surgery

What are the complications of Kidney Stone?



Increasing size of kidney stone (staghorn stones)



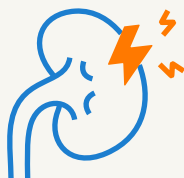
Likelihood of urinary and kidney infection



Can permanently damage kidney



Probability of blood poisoning



Deterioration in kidney function



Chances of blocking ureter

Kidney Stones can be “silent” which means they can go unnoticed for a long time. Therefore, prolonging kidney stone removal surgery can increase the severity of the disease and increase the risk of complications.

How to prevent Kidney Stone?

- 1** **Drink plenty of water.** Lemonade and fruit juices are also good options. Avoid fizzy drinks.
- 2** **Eat calcium rich food** items like low-fat milk, low-fat yogurt, to decrease the amount of absorbed oxalate.
- 3** **Minimize your sodium intake** to keep urine calcium levels checked. Low sodium diet is also beneficial to heart and blood pressure.
- 4** **Limit animal protein** such as red meat, poultry, eggs, and seafood in your diet to control the level of uric acid.
- 5** **Controlling and managing body weight.** Studies have demonstrated how being overweight increases kidney stone risk.
- 6** **Consume free oxalate-rich food items.** Food items like spinach, chocolate, beets and peanuts can form Kidney Stones.
- 7** Check with your **doctor regarding the medication** you are currently taking like diuretics, steroids, decongestants among others.

What to do after getting diagnosed with Kidney Stone?

- ▶ Make an early appointment with a Urologist.
- ▶ Follow a healthy and active lifestyle.
- ▶ Drink plenty of water and water based drinks.
- ▶ Use doctor's prescribed painkillers to relieve pain/discomfort.
- ▶ Utilize and try medical therapy to pass Kidney Stones naturally.
- ▶ Control weight and medicine usage (if advised by a doctor).



Diet useful to a Kidney Stone patient:

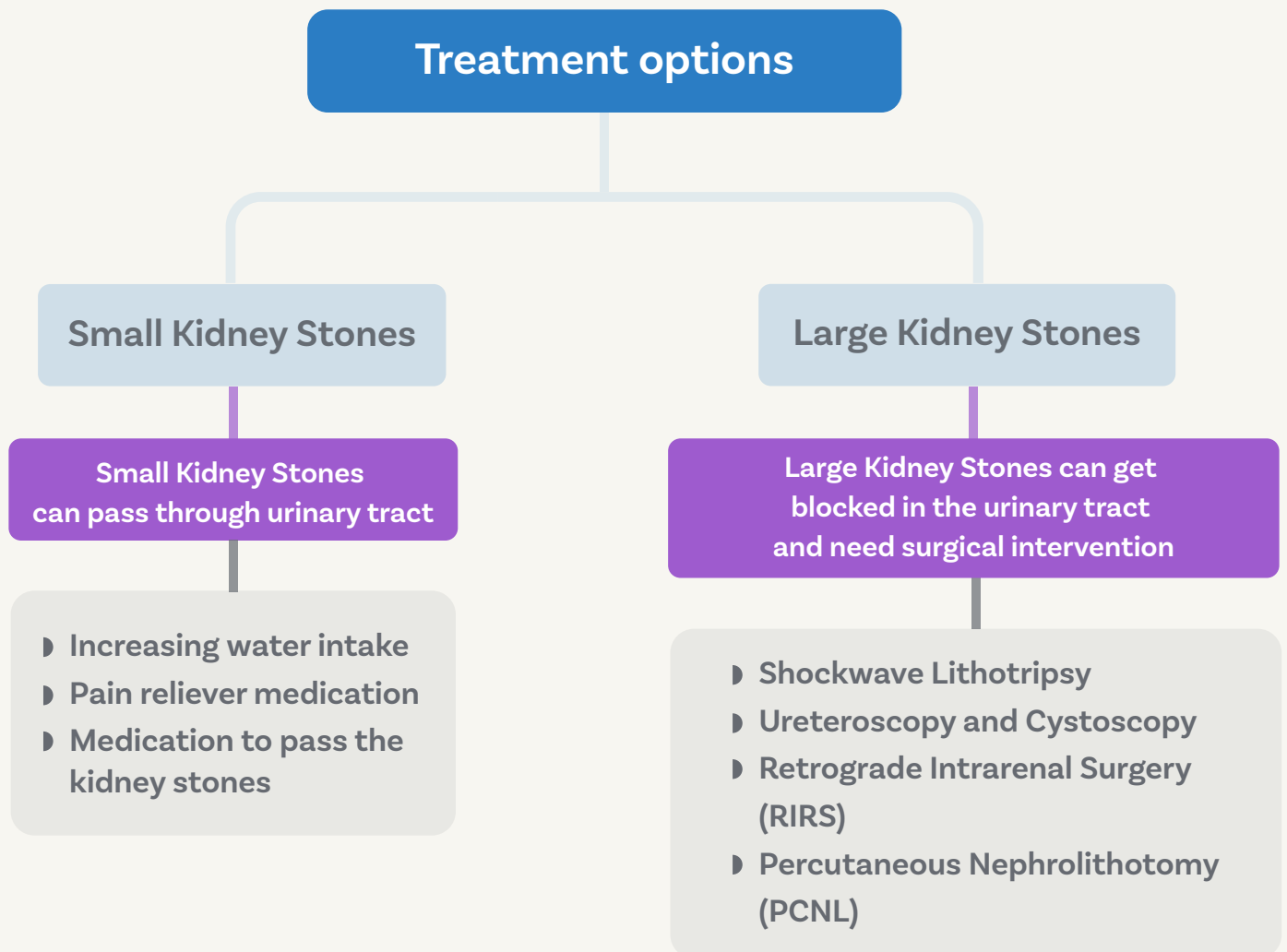
- ▶ Stay hydrated with water and fruit juices. Drink enough liquids to pass light-colored urine.
- ▶ Add vegetables, fruits and whole grains in your diet.
- ▶ Limit saturated fat food items.
- ▶ Include fat-free and low-fat dairy products in your diet.
- ▶ Minimize added sugar beverages and sweets.
- ▶ Limit your coffee, tea and fizzy drink consumption.
- ▶ Consume citrate rich food items like lemons and oranges.
- ▶ Limit animal protein in your diet, instead choose lean meats.



When to consult a Doctor?

If you suffer from the symptoms of Kidney stone consult a Urologist as soon as possible. A well experienced and trained Doctor will help you diagnose or rule out Kidney Stone.

Post consultation, you can opt for a medical or surgical method of intervention



How is recovery after the procedure?

- ▶ Depends on the type of procedure.
- ▶ After ESWL/URSL, can resume normal activities within a week.
- ▶ Post PCNL procedure, the recovery time is around one to two weeks.
- ▶ After RIRS, normal lifestyle can be resumed within a week.
- ▶ If stent is placed, follow post-operative instruction for quicker recovery.



Do's & Don'ts post-procedure

DO'S

Take adequate rest, for first week post procedure

Continue taking the **prescribe medications and supplements**

Follow healthy lifestyle

Drink plenty of water throughout the day and **keep yourself hydrated**

Prefer a **diet low in salt**

DON'TS

Smoke and consume alcohol

Intake diet with animal protein

Consume plenty of tea or coffee

Perform extensive exercise until completely recovered

Panic on mild bleeding during urination



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