TREATMENT OF KIDNEY STONE PATIENTS

Stones are most commonly formed in the kidney, and they move in the urinary tract. A stone can cause pain when it gets stuck in the urethra. Different varieties of kidney stones include calcium, urate, cystine and infectious stones. The formation of kidney stones may be hereditary.

Symptoms

A kidney stone causes intense and sudden pain in the sides, and it can radiate to the groin, and the testicles. In most cases, movement can ease the pain. Kidney stones can cause nausea, urinary urgency or bloody urine.

Treatment

Kidney stone patients should sieve their urine, as the stone passes usually along with urine. However, if the stone does not pass along with urine, and it is located in the lower urinary tract, it can be removed laparoscopically. The stone, or a part of it, is sent to laboratory analysis to discover its variety. Stones located in the upper urinary tract may be possible to break up using extracorporeal shock wave lithotripsy (ESWL).

Prevention

- Kidney stones are sedimented more commonly in highly concentrated urine than in diluted urine, so in order to prevent the formation of stones, you should drink 1.5 to 2 litres of liquids a day, unless you have received other instructions regarding liquid intake (a heart failure, for example). The liquid can be water, mineral water or citrus drinks.
- Diet does not usually cause the formation of stones, but a general recommendation is that you should include lots of vegetables and fibres in your diet. Eating lots of meat (proteins) should be avoided.

Recurring Trouble

If you experience recurring pains, further examinations can be performed, including a 24-hour urine collection, and blood tests.

Contact Information

If you experience sudden and intense pains, please contact your own health care centre emergency clinic.