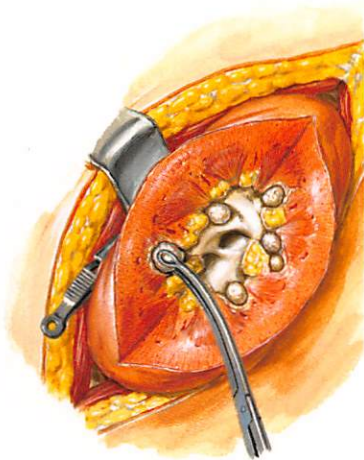




Drink plenty of fluids.
Flushing small stones out of the body is the easiest treatment.



Surgery may be needed if stones are too large to pass.

Your doctor may prescribe antibiotics if you have an infection. Take all medications as prescribed and for as long as your doctor advises.



Drink at least 4 pints of water a day.

Follow your doctor's advice for a healthy diet; it may help prevent future stones.



How Are Kidney Stones Treated?

Treatment depends on several things, such as the size and number of stones, where they are, and whether an infection is present.

The simplest way to treat a small stone is to flush it out by drinking lots of fluid. Medicine may help relieve pain. Antibiotics are given for an infection.

Stones that do not pass by themselves may need removal by a urologist. A urologist is a doctor who specializes in diseases of the urinary system. The urologist may use a long, thin tool (cystoscope) to do this.

Sometimes, shock waves are used to break the stone into smaller pieces that can be passed. This treatment is called lithotripsy.

DOs and DON'Ts in Managing Kidney Stones:

- ✓ **DO** take all your prescribed medicines.
- ✓ **DO** follow your doctor's advice about diet.
- ✓ **DO** drink plenty of fluids, at least 4 pints a day.
- ✓ **DO** call your doctor's office if you feel worse.
- ✓ **DO** call your doctor or go to the emergency room if you have severe vomiting, severe pain, or fever with severe back pain.
- ⊘ **DON'T** get dehydrated.
- ⊘ **DON'T** stop taking your medicine or change the dosage because you feel better unless your doctor tells you to.

FROM THE DESK OF

NOTES

FOR MORE INFORMATION

Contact the following sources:

- American Urological Association
Tel: (866) 746-4282
Web: www.urologyhealth.org
- National Kidney Foundation
Tel: (800) 622-9010
Web: www.kidney.org
- National Kidney & Urologic Diseases Information Clearinghouse
Tel: (800) 891-5390
Web: www.kidney.niddk.nih.gov