

How will I manage at home?

- Take regular painkillers as provided by the doctor/nurse.
- Have a period of rest.
- Strain your urine with a tea strainer every time you go to the bathroom to catch the stones. Take the stones to your healthcare provider so they can be sent to the lab for tests. This will help your healthcare providers plan the best treatment for you.
- It is advisable to drink plenty of water to keep your urine clear

What should I do if my pain continues or I develop a fever?

If your pain continues or becomes more severe or you develop a fever you must return to the emergency department.

Who can I contact if I do not receive an appointment?

Urology Secretaries: 0151 430 1976 / 5992

Urology Stone Nurse Specialist:
07880293602

Who can I contact if I do not receive an appointment?

St.Helens & Whiston

Urology Secretaries: 0151 430 1976 / 5992

Urology Stone Nurse Specialist:
07880293602

Southport & Ormskirk

01704 704301 and 01695 656277

Email:

soh-tr.urologycns@merseywestlancs.nhs.uk

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Southport Hospital
Town Lane, Kew,
Southport, Merseyside, PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Advice for patients with suspected kidney stones

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

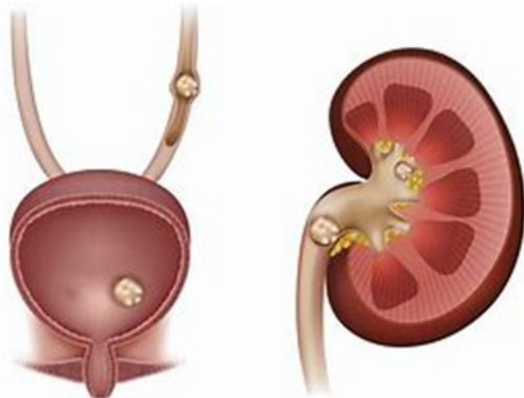
What are kidney stones

Kidney stones are hard collections of salt and minerals often made up of calcium or uric acid. They form inside the kidney and can travel to other parts of the urinary tract.

A kidney stone forms when too much of certain minerals in your body accumulate in your urine. When you are not well hydrated, your urine becomes more concentrated with higher levels of certain minerals. When mineral levels are higher, it is more likely that a kidney stone will form.

Smaller kidney stones that remain in the kidney often do not cause any symptoms. You might not notice anything is amiss until the stone moves into your ureter - the tube that urine travels through to get from your kidney to your bladder.

If the stone moves down the ureter it may cause 'renal colic' (a severe sharp intermittent pain). If the stone does not move out of the kidney, it can stay there and grow into a large stone that will be too large to pass down the ureter. A smaller stone may just sit in the kidney and not cause any symptoms.



What are the signs and symptoms of kidney stones?

- Aching in your loin (flank).
- Blood in your urine (haematuria) this may be caused by the stone scratching the kidney or ureter.
- Infection in your urine - stones are a known risk factor for urinary infection. Infection can cause fever, pain or burning on passing urine, increased frequency of passing urine, cloudy or smelly urine and going a small amount at a time.
- Ureteric/renal colic - severe pain as a stone passes down towards your bladder from your kidney. The stone becomes stuck and the ureter squeezes the stone towards the bladder which causes intense pain in the side of your abdomen. The pain spreads down onto the lower abdomen or groin.

What causes kidney stones?

Kidney stones often have no definite, single cause although several factors may increase the risk.

Kidney stones form when your urine contains more crystal forming substances such as calcium, oxalate and uric acid, than the fluid in your urine can dilute.

How will my kidney stone be diagnosed?

Kidney stones are diagnosed using:

- Imaging - tests may show kidney stones in your urinary tract such as non-contrast CT scan, Ultrasound scan, X-ray of kidney, ureter and bladder.

Additional tests which may be performed include:

- Blood testing - to check that the kidneys are working properly and for any sign of infection. In recurrent stone formers we also check serum calcium and uric acid.
- Urine testing - to check for infection. Haematuria (blood in the urine) present in about 90% of those with stones.

When will I have my scan?

If you attend the emergency department during working hours and also weekend daytime, you are more likely to have your scan on that day. Otherwise arrangements will be made to reattend for it urgently.

Will I need to stay in hospital?

No, if your pain settles and you do not have a temperature you will be discharged home and you will need to wait for your urology appointment.