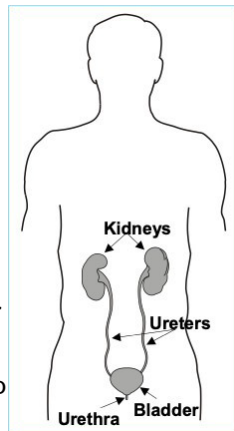




Kidney Stones (Renal Colic)

Kidney stones are made of minerals and salts that stick together and form smooth or jagged crystals (stones) in your urine. The stones can be small as a grain of salt or as large as a marble.



The stones generally stay in your kidney but sometimes move out of your body from your kidney to your bladder. This can cause severe abdominal pain that sometimes spreads to your groin, nausea/vomiting, difficulty with urinating or pain with urinating, and/or blood in your urine.

What To Expect

Most stones pass out of the body without any assistance. You will likely be prescribed pain medications, and sometimes medications to help the stones pass.

If the stone is too big to move out on its own, or if it gets stuck on the way out, or if it causes an infection or kidney damage, you might need to see a specialist (urologist). Your doctor will discuss recommended treatment options for you.

How to Care for Yourself at Home

Symptom Management

+Take the medications as prescribed (and do not mix opioids with alcohol)

- + If asked to strain your urine, keep the stone or stones that pass and bring to your primary care doctor or urologist.
- + Drink plenty of water

MEDICATION

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When to Get Help

- Go to the nearest Emergency Department if:**
 - + You have severe pain that does not improve, even with pain medication.
 - + You cannot drink water or swallow your medications due to severe nausea or vomiting.
 - + You have a fever over 38°C.
 - + You cannot pee (empty your bladder) at all.

TO LEARN MORE ASK

- + Your Primary Care Provider.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.

ADDITIONAL INFORMATION

To learn more about kidney stones (causes, prevention, and treatment) these QR codes link to helpful resources:

