

Patient Information – Kidney Stones

- Waste products in the urine can make crystals which sometimes build up in the kidneys, causing kidney stones
- This is more likely if the urine is concentrated because of dehydration
- Kidney stones are quite a common problem – they affect around 1 in 10 people in their lifetime
- Kidney stones are usually found in the kidneys or ureter (the tube which connects each kidney to the bladder)

Symptoms

- Some kidney stones may be picked up on scans and not cause any symptoms
- However, even small stones can cause pain as they pass through the urine system. This is often felt in the side of the abdomen (tummy) or groin, and often comes and goes
- The pain can be associated with blood in the urine, feeling sick or vomiting
- Kidney stones can lead to urine infection, causing pain when passing urine and needing to go more frequently than usual
- Very large stones may have mainly symptoms of infection or passing blood, with mild or grumbling pain

Treatment and Prevention

- Most stones are small enough to be passed out in the urine. Although this can be painful, the pain usually only lasts a couple of days and goes away when the stone is passed
- For pain relief, normal painkillers such as ibuprofen and paracetamol are very effective if taken regularly – read the packets for instructions
- Drinking plenty of fluids can help the stone to pass, and keeping hydrated in the future will help to stop new stones from forming
- We have referred you to the Urology team for follow-up. They will be in touch with plans for follow-up which may be based on further imaging, and /or a clinic appointment.
- If your stones are too large to pass naturally, you may need treatment. If this is necessary it will be discussed with you by the Urology team

For more information, these websites can be helpful:

- <https://www.nhs.uk/conditions/kidney-stones/>
- https://www.baus.org.uk/patients/conditions/6/kidney_stones/

If you have any worries or concerns following discharge from hospital please contact the Emergency Department on 01463 704444 (24 hours) or your GP.

Rarely, kidney stones can lead to severe infection or get stuck and cause damage to the kidneys.

You should return to the Emergency Department if you develop any of the following symptoms in the next few days:

- Fever (high temperature)
- Shivering or shaking episodes
- Severe pain not helped by oral painkillers
- Vomiting so much you are unable to keep down fluids

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