

Discharge information for patients with Kidney Stones

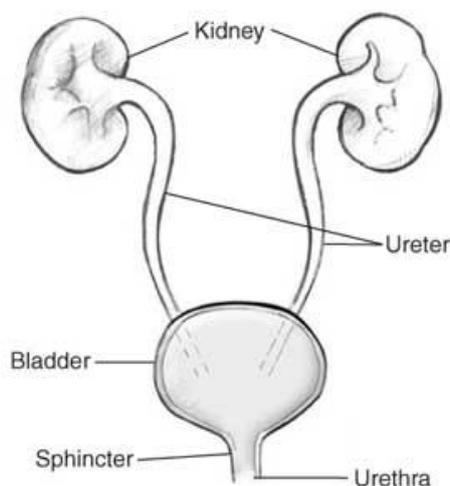
Kidney stones are quite common, with around 3 in 20 men and up to 2 in 20 women developing them at some stage of their lives. They can develop in one or both kidneys and can affect people of any age.

What causes kidney stones?

The waste products in the blood are filtered in the urine and these can occasionally form crystals that collect in the kidneys which over time build to form hard stones. The most common cause for this is not drinking enough fluids, however, certain medications and medical conditions can raise the level of the waste products in your urine.

Symptoms:

Your body will try to pass the kidney stones from your kidney in your urine. The stone will travel from your kidney through your kidney tube (ureter) into your bladder and out through your bladder tube (urethra). As the stone is moving through the urinary system it can cause pain in your lower back/ abdomen. Occasionally these stones can get stuck in one of these tubes and this will cause severe pain in the abdomen and groin and make you feel unwell.



Treatment

Many stones will pass from the body without needing any treatment. If your stone is less than 5mm in diameter, no immediate treatment is necessary and you will be able to go home once your pain has settled. You will be given pain relief medication to take home with you to relieve any further pain you may experience. You can return to normal activity as long as the pain allows.

You will receive a telephone review appointment with one of our Urology specialist nurses in approximately 3 weeks' time. If you have not passed the stone within this time you will have a repeat CT scan approximately 1 month after discharge to assess the location of the stone. If the CT scan shows that your stone has not passed, then we may need to consider planning a procedure or telescopic operation to remove the stone.

If possible, sieve the urine through a tea strainer, nylon stocking, or filter paper (such as a coffee filter) to capture the stone (this can be done directly as the urine is passed or urine can be collected into a container before sieving).

If you pass the stone in your urine, please save it so we can send it to the laboratory for analysis.

Whilst you still have stones in your urinary system you are at risk of developing further pain. If the pain returns take the pain medication you were given on discharge to relieve this. If the pain medication is not effective or you become unwell and feel feverish you will need to seek urgent medical attention.

Contact us

This factsheet has been produced by the Urology Department.

Your team is based at:-

Carlisle

Urology Nurse Specialists: 01228 814187 Ansa phone (Mon-Fri 9am-5pm)

Urology Outpatient Department

Cumberland Infirmary.

West Cumbria

Urology Nurse Specialist: 01946 523706 Ansa phone (Mon-Fri 9am-5pm)

West Cumberland Hospital

Confidentiality

'The Trust's vision is to keep your information safe in our hands.'

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](#)
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

ID: ME016

Issue date: March 2019

Version: 1

Review date: March 2021