

Preventing further kidney stones

Information for renal patients

How do I prevent further kidney stones?

Keep well hydrated! The best way to reduce the risk of kidney stones is to make sure you drink plenty of fluid throughout the day and evening. The colour of your urine is an excellent guide to how well hydrated you are. With a good fluid intake your urine will become dilute and pale in colour and you will pass urine more often and at a rapid rate – this helps reduce the risk of mineral crystals clumping to form stones and can **halve the chance of further stones forming!**

What should I drink?

Water and sugar-free squash are the best choices to maintain an adequate fluid intake. Drinks such as tea (avoid strong, black tea), coffee and fruit juice can contribute towards your total fluid intake.

How much should I drink each day?

Aim for a **minimum** of 2½ litres (4 ½ pints) of fluid per day. Ideally spread your fluid intake throughout the day and evening. Take more fluid on hot days, when exercising, if you sweat a lot or if you have diarrhoea.

How else can I reduce my risk of renal stones?

Below are some diet and lifestyle tips to reduce your risk of forming further kidney stones.

- **Healthy eating** – a diet plan rich in fruit and vegetables and wholegrain cereals, a healthy body weight and an active lifestyle are all important factors in reducing the chance of kidney stone formation, in combination with an excellent fluid intake. Avoid Vitamin C supplements which are greater than 500mg/day.

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- **Protein** – reduce your protein intake. Try to incorporate a meat free day once or twice per week and keep meat portion sizes to no more than 120-180g (4-6ozs) at a main meal. Consider having fish once or twice week. Avoid protein enriched milk shake drinks (sometimes taken by body builders).
- **Salt** – keep salt intake low; reduce processed food intake and avoid adding salt at the table. For further information, go to www.bhf.org.uk/publications and type 'salt' into the search box.
- **Calcium** – make sure you get enough calcium; a low calcium intake can increase the chance of stone formation. Ensuring an adequate (not excessive) calcium intake can reduce the chance of further stone formation by 50%. For example 300mls (½ pint) semi-skimmed milk and 1 low fat yoghurt per day will provide 80% of your recommended daily intake of calcium. For further information go on a variety of dairy and non dairy sources of calcium go to www.bda.uk.com/foodfacts/Calcium

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690