

## **KIDNEY STONE PREVENTION**

A detailed evaluation with 24-hour urine chemistry testing and occasionally additional blood tests is indicated for patients with:

- Multiple stones
- Very large stones
- Frequently recurring stones
- “Complicated” stone disease

For people who experience their first stone, detailed testing is not required. There is a 50% risk of having another stone in your lifetime. You can lower that risk by following a few simple recommendations.

**Increase fluid intake:** You should try to produce more than 2 Liters per day. Urine should be clear like water and not yellow

**Citrate:** One cup of lemonade three times daily (even artificial lemonade drinks like Country time, Minute Maid cans) can increase the citrate level in the urine which has been shown to prevent stones. **Orange juice** is also good at reducing your kidney stone risk.

**DO NOT ELIMINATE CALCIUM FROM THE DIET.** Very low calcium AND very high calcium diets both can cause stones.

**Eat a varied diet.** Anything you eat a lot of daily can be causing stones. Examples: daily snacking on peanuts, daily spinach salad, excess protein (all meat, few starches or vegetables). Avoid high protein diets. Moderate protein intake is best.

**Reduce sodium.** Not all sodium intake is salty. Many prepared/packaged foods are high in sodium. You will need to read the package label for sodium content. Try to consume less than 2500 mg daily.