



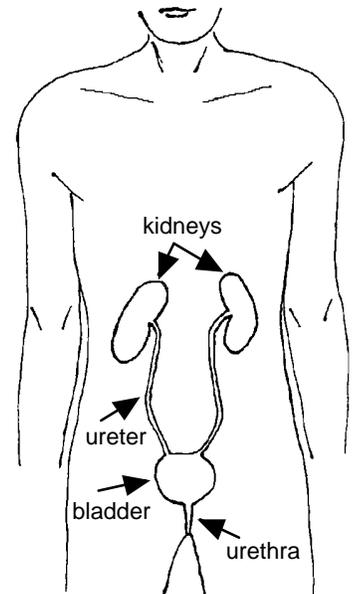
INSTRUCTION SHEET: KIDNEY STONE

The Student Health Provider has diagnosed a kidney stone. A kidney stone is small in size (less than one-half inch), but can cause a large amount of pain.

The stone forms in the kidney. To escape the body, the stone must pass through the ureter, bladder, and urethra (see diagram). The stone can become stuck in several places as it travels, causing spasm and intense pain.

The pain of a kidney stone frequently fluctuates in intensity; the pain ranges from a dull ache to unbearable agony. Nausea, vomiting, and sweating often accompany the pain of a kidney stone.

Initial treatment of a kidney stone consists of 1) pain medication to relieve discomfort and spasm, and 2) fluids to flush the urinary tract and move the stone out of the body. If nausea and vomiting are controlled, pain medicine and fluids can be given by mouth; if nausea and vomiting are present, treatment must be given intravenously (by vein) or intramuscularly (by shot in the muscle).



MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR KIDNEY STONE:

1. Drink *plenty* of fluids.
2. Over-the-counter pain medications can help relieve the pain associated with a kidney stone. Ibuprofen or naproxen work well, and may limit the amount of prescription pain medicine required.
3. Take the medicine prescribed for pain if needed. Take a pain pill before discomfort builds to a high level, or nausea/vomiting make treatment by mouth impossible. Do not take the prescription medication and perform dangerous activities such as driving a car or operating machinery.
4. Strain all urine through the strainer you take home (a coffee filter will also work in a pinch). If you pass a stone, save it in a small jar or container, and take it to your personal/referral doctor. The stone can be analyzed to determine its composition. There are several different types of stones, caused by different problems; treatment and prevention of further stones depends on the makeup of the stone.
5. If you develop nausea/vomiting that prevent taking pain medication and fluids by mouth, go to the nearest emergency department or Urgent Care facility promptly. Likewise, if you develop severe pain unrelieved by medication, or fever and chills, go to the nearest emergency department for further care.
6. Call as soon as possible for a follow-up appointment with your personal/ referral doctor — even if you are doing well! Ongoing care is essential for treatment of this episode and for prevention of further episodes. Be sure to tell the office you are referred from the Student Health Center for treatment of a kidney stone; you should be able to obtain a work-in appointment within one to two days of your the Student Health Center visit.