

ADVICE FOR RECURRENT STONE FORMERS

- Drinking plenty of water. By drinking plenty of water you reduce the concentration of the urine and that reduces the likelihood of them precipitating out as crystals which then aggregate to form stones. When one is drinking enough water the urine looks light in colour rather than dark yellow. Ideally you should get up once at least in the night to pass water. You can use a plastic jug and measure how much urine you produce over a 24 hour period. It should be at least 2 litres. Avoiding dehydration through alcohol or caffeine containing drinks such as coca cola, tea and coffee will also reduce the likelihood of forming further stones. Caffeine free varieties of these drinks are all available, or if you do drink caffeine containing drinks I would advise having a glass of water with each.
- Diet. Studies from the USA have demonstrated an increased risk of stone in patients who add salt to their food. If you must add salt to food use a low sodium salt which can be obtained from most supermarkets. High animal protein intake such as that found in fish, meat and chicken is also associated with recurrent stone formation. If you eat these foods every day then I would advise switching to a vegetarian option once or twice a week to reduce the amount of animal protein you take in.