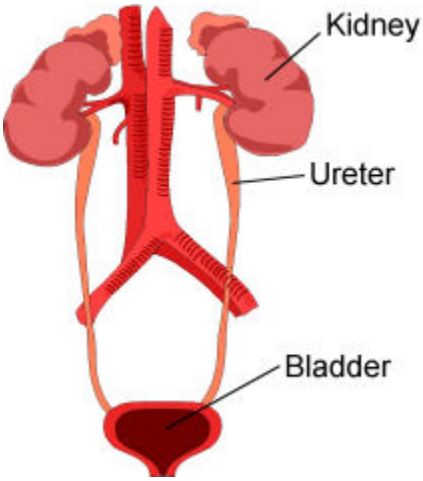
Kidney Stones
(Ureteral Lithiasis)

Kidney stones are deposits that form inside your kidneys. The intense pain is caused by the stone moving through the urinary tract. When the stone moves, the ureter goes into spasm around the stone. The stone is usually passed in the urine.

HOME CARE INSTRUCTIONS



- Drink enough water and fluids to keep your urine clear or pale yellow.
- Strain all urine through the provided strainer. Keep all particulate matter and stones for your caregiver to see. The stone causing the pain may be as small as a grain of salt.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Make a follow-up appointment with your caregiver as directed.
- You may require specialized follow-up X-rays. The absence of pain does not always mean that the stone has passed. It may have only stopped moving. If the urine remains completely obstructed, it can cause loss of kidney function or even complete destruction of the kidney. It is your responsibility to make sure X-rays and follow-ups are completed.
- If your stone does not pass on its own, additional measures may be taken by your caregiver to ensure its removal.

SEEK IMMEDIATE MEDICAL CARE IF:

- Pain cannot be controlled with the prescribed medicine.
- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- Pain continues for more than 18 hours.
- You develop a new onset of belly (*abdominal*) pain.
- You feel faint or pass out.
- You develop weakness or numbness in your legs, or part of your leg becomes cold or changes color.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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