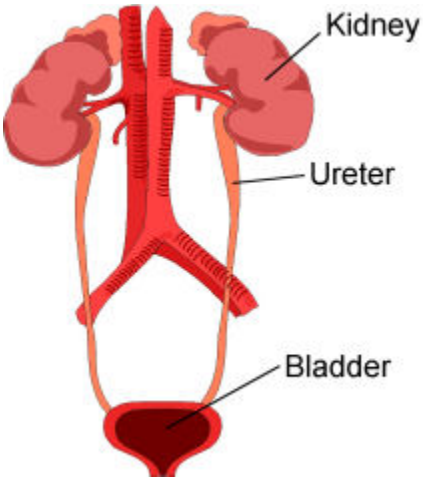
Kidney Stones and Ureteral
(Renal & Ureteral Lithiasis)

Kidney stones are hard deposits in your kidney. They are made of salt and minerals that stick together in your pee (*urine*). Sometimes they are large and can not get out of the kidney. When they stay in the kidney they rarely cause pain. Sometimes they are small and can pass down the tube that drains the kidney to the bladder (*ureter*). When the stones go into the ureter they begin to cause pain. Small stones tend to come down the ureter tube fast and this often causes more pain than a larger stone which passes down the tube more slowly.



If they are small enough to pass down this tube they will easily come out of the bladder when you pee and do not cause pain when this happens.

You have a stone which the doctors think is small enough to pass. The doctor will send you home to allow this to happen. Depending upon the size sometimes this will happen quickly over the next day or so. Sometimes it takes longer. The doctor will work with you to follow its progress.

HOME CARE

- Drink enough water and fluids to keep your pee clear or pale yellow. This may be up to 2 quarts per day. This helps to flush the stone out.
- You will be given a strainer to pee through. This strainer is the most important thing that the doctor will give you. Do not pee without peeing through the strainer, not even once. If you urinate the stone out you must catch it. This is extremely important. The stone may be as small as a grain of salt. Take this into the doctor. Your doctor will analyze it and find out what it is made of. This is how the doctor knows what medicine to give you to prevent you from making more stones.
- Take all medicines as directed by your doctor.
- Follow-up with your doctor as suggested.

GET HELP RIGHT AWAY IF:

- You have a lot of blood in your pee. A little is expected. Do not worry about that. A "little" shows up as darker urine. A lot shows up as real blood.
- You feel faint or pass out.
- You develop a fever of 102.5° F (39.2 ° C) or higher.
- You feel sick to your stomach, throw up and have the chills.
- You have severe belly and/or back pain that is not going away with medicine.
- You cannot pass any pee at all.

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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