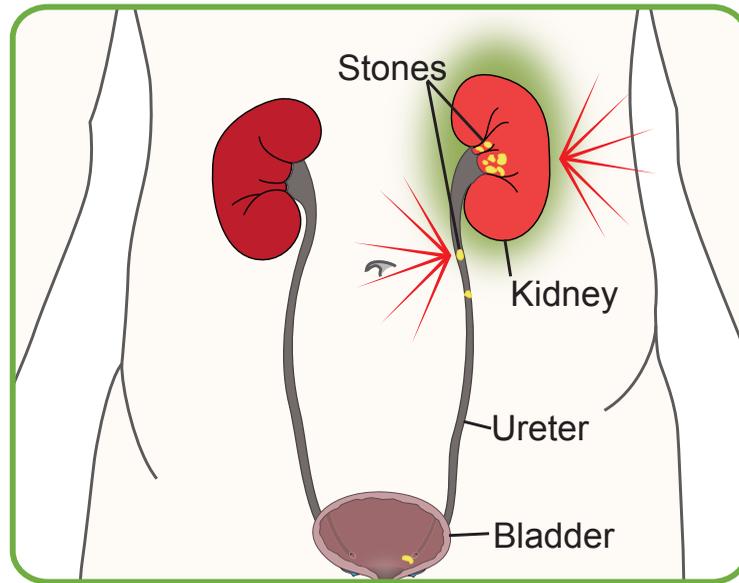


# Kidney Stones



 Office d'éducation des patients du CUSM  
MUHC Patient Education Office



This material is also available on the  
MUHC Health Education Collection (<http://infotheque.muhc.ca/>)  
MUHC Patient Education Office ([www.muhcpatienteducation.ca](http://www.muhcpatienteducation.ca)).

This material was developed by the McGill  
University Health Centre Emergency Department.

## What is wrong?

When the body makes urine, it travels from the **kidney** through a narrow tube (the **ureter**) into the **bladder**.

A **kidney stone** forms in your kidney. It is hard and can be as small as a tiny pebble or it can be much larger.

If a stone forms in the kidney and passes into the ureter, it may cause a blockage that is painful.

Smaller stones most often pass into the bladder on their own, but larger stones often get stuck and need a medical procedure to help them pass.

## What should I do at home?

- ▶ You may do your usual activities including going to work and school.
- ▶ If you have been given narcotics, you should avoid driving and any activities that require concentration (such as operating heavy machinery).
- ▶ Drink normal amounts of fluids.
- ▶ With a strainer, strain all your urine until your pain has stopped for 2 days. If you collect a stone you should take it to your doctor. The stone can provide further information that may help to prevent future stones.
- ▶ Your doctor may prescribe new medicines to control pain or help pass the stone. Take them as prescribed.

## When am I going to feel better?

Kidney stones usually stop causing pain when they pass into the bladder. Some stones pass while you are still in the emergency department. Others may take a few days or even weeks.

## Should I see another doctor?

You should make appointments as soon as possible to see a kidney specialist (**urologist**) and to see your family doctor.

## When should I come back to the Emergency Department?

You should return right away if:

- ▶ you develop fever above 38°C/100.4°F
- ▶ you still have pain, even after taking pain medicines at home
- ▶ you are vomiting

## Notes