



UROLOCARE HOSPITALS

(Pty) Ltd. Reg. No/nr. 2001/005764/07

KIDNEY STONES PROCEDURES

Home education

1. Drink more water, up to 12 full glasses per day to flush away the substances that form kidney stones in your kidney
2. Limit caffeinated beverages
3. Certain medications may be prescribed by your doctor to prevent kidney stones
4. Depending on the analysis of your kidney stone – alter your diet
5. Attend your follow-up appointment
6. Take your medication as prescribed
7. Strain urine to look for stones

When to call your doctor?

1. When there is a significant amount of blood in your urine
2. Unbearable flank pain, running down the groin and legs
3. Nausea, vomiting, fever, urine retention, painful urination
4. Constant urge to urinate
5. Burning sensation when urinating
6. Contact The Urology Hospital (after hours) for assistance.

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