



Regional Urology

Conservative Medical Management of Kidney Stones

What does it mean—conservative medical management of kidney stones?

Conservative medical management of kidney stones involves ways to limit the effect that kidney stones may have on your life, such as needing surgery. Several simple strategies are available to you:

- **Increase fluid intake.** Drink at least ten 10-ounce glasses of fluid every day (100 ounces total). Acceptable fluids include fruit juices, sodas, water, etc. For lemonade, mix four ounces of reconstituted lemon juice into two quarts of water, and then sweeten it to taste with sugar, Splenda or Sweet'N Low.
- **Maintain a urine output of at least 2000cc every day** (about two quarts). If you are getting enough fluids, your urine should look clear, not yellow or cloudy.
- **Limit oxalates in your diet.** Some common items high in oxalates are brewed tea, chocolate, spinach, Vitamin C and dark beer.
- **Limit salt in your diet.** Common salty items include tomato juice, potato chips, fast food, sauerkraut, mustard and pickles. Also, do not add salt when preparing food.

- **Limit the amount of red meat you eat**, such as steaks and hamburgers.
- **Include moderate amounts of calcium in your diet** (600-1,100mg a day is recommended). Calcium is mainly found in dairy products such as milk and cheese.

We hope you are pleased with the care you receive at Regional Urology. Our goal is to give you the very best care and attention.

If you have questions about this information, please call your Regional Urology office.

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