



You came to the emergency department with pain from a kidney stone. The doctor examined you and did the tests needed today. Your pain is now controlled and you can go home. This sheet explains what to expect and what to do.

What is it?

A kidney stone is a small hard lump that forms from minerals in the urine. When it moves down the tube from the kidney to the bladder, it can cause severe pain in the side or back that comes in waves, often spreading to the groin. You may see blood in your urine or feel sick. Most small stones pass by themselves within a few weeks.

Looking after yourself at home

- Drink enough water to keep your urine pale, unless your doctor told you to limit fluids.
- Keep active; walking may help the stone move.
- If you were asked to, pass urine through a strainer or tea sieve to catch the stone and bring it to your doctor.
- A warm pack on your back or side may ease the pain.
- Cut down on salt and fizzy cola drinks.

Medicines

- Anti-inflammatory painkillers such as ibuprofen often work well for this pain, unless your doctor told you not to.
- Avoid ibuprofen if you have a stomach ulcer, kidney disease, some asthma, or are pregnant.
- Paracetamol can help the pain, unless your doctor told you not to. Follow the packet or your doctor's instructions.
- You may be given a medicine to help the stone pass. Take it as directed; it can make you dizzy when you stand up.

Follow-up

- See your family doctor or health centre within 1 to 2 weeks, or as arranged.
- Go to any scan or urology appointment you were given, even if the pain has gone.
- Ask your doctor how to lower the chance of more stones.

Come back to the emergency department or call an ambulance straight away if:

- Fever or chills together with the pain (possible infection)
- Being unable to pass urine at all
- Blood in the urine with severe pain
- Constant vomiting or pain that will not settle
- You feel faint or very dizzy, or the pain is sudden and severe in your belly or back
- You have only one kidney or a kidney transplant, and the pain returns



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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