

**Coastal Urology Center, P. A.**  
**394 Singleton Ridge Road**  
**Conway, SC 29526**  
**Phone 843-347-8765**

## **Management for Urinary Calculus Disease**

These are some conservative treatments to alleviate the most common risk factors for kidney stone formation.

Following these guidelines can help reduce the risk of recurrent stone formation.

- 1. Increase fluid intake** (Risk - Not drinking enough to keep urine output greater than 2 liters/day)  
SUGGESTION: Increase urine output to greater than two liters per day. Try drinking eight 12 oz glasses of water/day.  
How to check: Have graduated volume container and monitor your urine output. Tally this over a 24-hour basis. The American Urologic Association guideline is a urine output of more than two liters (approximately a half gallon) over a 24-hour period.
- 2. Avoid high oxalate foods** (Risk - Oxalate binds with calcium to form kidney stones)  
SUGGESTION: Avoid foods high oxalate. These include: nuts, spinach, chocolate, tea, and vitamin-C (the body converts vitamin-C to oxalate).
- 3. Avoid extreme calcium intake** (Risk - Excessive calcium can increase risk of calcium oxalate kidney stones)  
SUGGESTION: Calcium is good for the bones. Avoid extreme volumes of calcium intake. Most physicians recommend a normal calcium intake. Decreasing your calcium intake may lead to loss of calcium in the bones and promote osteoporosis.
- 4. Increase Citric Acid Intake** (Risk - Low citric acid levels promotes kidney stone formation)  
SUGGESTION: Increase consumption of citrus fruit. Drink one glass of lemonade per day.
- 5. Avoid Excess Protein Intake** (Risk - Break down products of protein promote kidney stone formation)  
SUGGESTION: Avoid excessive intake of protein. Try to keep protein intake to less than 8 ounces/day.
- 6. Avoid Excess Sodium Intake** (Risk - A high salt diet promotes calcium excretion into the urine)  
SUGGESTION: Avoid salty foods. Do not use the salt shaker--remove from kitchen.
- 7. Increase Dietary Fiber**  
Dietary fiber binds with calcium in the bowel and decreases calcium absorption.  
SUGGESTION: Wheat bread instead of white bread.