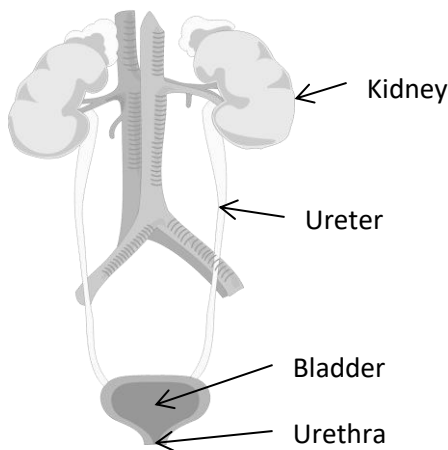


Kidney Stones (Renal Colic)

You have been given this information leaflet by your doctor if they told you that you have been suffering from 'renal colic' or kidney stones. Renal colic is the pain you may feel associated with kidney stones.

What are kidney stones?

Kidney stones are small stones, usually made of calcium which form in your kidney. They vary in size, from smaller than a grain of sand, to larger than a golf ball.



What are the symptoms of kidney stones?

Kidney stones may occur without symptoms. However, often they cause severe abdominal pain down your side to your groin. This pain is known as renal colic, and is caused by a stone passing into the ureter. Other symptoms include vomiting, blood in the urine and pain when urinating.

Why do I have kidney stones?

There is often no known reason why kidney stones form in an individual person. They are common and affect around 3 in 20 men and 1 in 20 women.

Things that may increase your chance of developing stones:

- Dehydration e.g. From living in a hot environment, or not drinking enough water (especially after vigorous exercise)
- Urinary tract infections (UTI/ water infection/ cystitis)
- Medications e.g. diuretics (water tablets) – talk to your GP if you are worried about your medication. It is not recommended that you stop your medication without discussing it with your doctor.
- Some diseases which affect your metabolism, such as hyperparathyroidism, can also increase your risk of kidney stones.

How are kidney stones treated?

For 8 in 10 people the stone will spontaneously pass in the urine. This means that most people will not need to be admitted to hospital or have an operation. The doctor or nurse will give your painkillers to reduce your pain.

When you are in A&E the doctors will investigate your situation. They will do blood tests, urine tests, and organise an x-ray of your urinary tract.

For some people treatment is required, usually if the stone becomes stuck, or if it is causing ongoing symptoms. Options for treatment which your doctor may discuss with you include:

- Extracorporeal shock wave lithotripsy – ‘shock-wave’ treatment from outside the body to break up the stones and allow them to pass in the urine, usually done with sedation.
- Percutaneous nephrolithotomy – a tiny telescope is passed through the skin into the kidney to break up the stone and remove it; the skin into the kidney to break up the stone and remove it; this procedure is carried out under general anaesthesia.
- Ureteroscopy – a tiny telescope is passed up through your urethra and bladder to break up and remove the stone; this procedure is carried out under general anaesthesia.
- Stone removal by surgery under general anaesthesia.

Reducing the risk of further attacks

- Drink plenty of water – at least 2 litres per day (8 cups) adding fresh lemon juice will make this even more effective
- Avoid drinking apple or grapefruit juice and carbonated drinks
- Limit salt intake to no more than 6 grams (adults)
- Take the daily recommended amount of calcium
- Some people may have specific dietary advice given to them by their doctor after investigation have been done

SUMMARY

You have been sent home by your doctor because they did not think that you needed to stay in hospital for treatment. However, it is important that you take the painkillers you have been given as directed by your doctor. An outpatient clinic appointment may have been organised for you, if so, it is important that you attend this appointment.

Return to A&E if:

- Your pain is not being controlled by painkillers
- You are vomiting
- You think you have a fever

Further information:

- NHS website - www.nhs.uk
- NHS 111

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

MURRAY STONES WARRINGTON 2152 V1

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 733065