

How to Prevent Kidney Stones



INCREASE FLUID INTAKE

The solution to pollution is dilution! If you drink more nutritive liquids (ideally water), you dramatically decrease your risk for stone formation.



REDUCE SALT INTAKE

Sodium causes more calcium to be leaked into your urine (increasing your risk of stone formation), and it can also lower potassium levels in your blood. It is important to read food labels to keep your salt intake to a minimum. You can also substitute table salt with those that are potassium-based rather than sodium-based.



INCREASE CALCIUM INTAKE

It seems counterintuitive to increase calcium in the diet if you have calcium-based kidney stones. However, increasing dietary calcium to 3–4 servings per day helps to limit levels of oxalate, a substance that contributes to stone formation. Consuming adequate amounts of calcium also helps to keep your bones strong. The best source of calcium is through dairy (cheese, yogurt, milk, kefir).



TAKE YOUR MEDICATION AS PRESCRIBED

Chlorthalidone helps to reduce the amount of calcium excreted in the urine. An additional potassium supplement may be needed, as chlorthalidone can decrease the potassium level in the blood.

Citrate-based medications (Urocit®-K, Polycitra-K®) help to increase a substance called alkali in the urine, which buffers other substances that may cause kidney stones. Citrate is a protective substance, and some children have low levels that can be supplemented.

Some stones are due to difficulties in regulating the acid balance in the urine, and a medication called Hiprex® may be used to correct this imbalance, preventing the recurrence of stones.



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