Stone Prevention

HIGH FLUID VOLUMES TO PREVENT KIDNEY STONES

A high fluid volume will result in a high urine output, and more dilute urine which will decrease your kidney's ability to form kidney stones.

HOW MUCH FLUID?
You should be drinking more than you think is enough. Three to Four quarts a day is our recommendation for normal activity. A gallon of fluid should be consumed if you participate in an exercise program or in extreme summer heat.

WHAT TYPE OF FLUID?
Water and lemonade are the best fluids, and you should try to drink as much as possible. Lemonade is high in citric acid which can inhibit stone formation. Other allowed fluids are 1-2 cups of coffee a day, diet white sodas (ginger ale, 7-Up, Sprite, etc.) fruit juices (lemon, lime, apple, orange, grapefruit, pineapple), or flavored seltzer. Powdered drink mixes are NOT acceptable.

WHAT TO AVOID?
Hot or Iced Tea, Colas (limit to 8-12 oz. per day)

AM I DRINKING ENOUGH?
Your urine should be clear as water. For the next few months you may want to check your progress by measuring your urine for a 24-hour interval. Your volume should be over three quarts.

OTHER RECOMMENDATIONS:
Most stones are believed to form at night. It is important for you to drink 1-2, 10 oz. glasses of fluid before you go to bed. It is important that you wake to urinate. Then, drink 1-2 more glasses of fluid.

HOW LONG WILL I NEED TO DO THIS?
For the rest of your life to prevent the formation of kidney stones.
HELPFUL HINTS:
1. NEVER pass a water fountain without taking a drink.
2. Purchase a two quart thermos bottle, decanter or pitcher to fill with fluid daily:
   - at work, do not leave until it is finished
   - on the go, do not go home until it is finished
   - at home, finish daily
3. place a 12 oz. glass in your bathroom, in the morning and evening, drink two 12 oz. glasses of water.

HOW TO LOWER OXALATES IN YOUR DIET

Many foods contain oxalate. You can lower the amount of oxalate in your diet by omitting these foods rich in oxalates.

VEGETABLES: BEVERAGES
beets tea
swiss chard cocoa
collard greens
spinach
okra
sweet potatoes FRUITS
soybeans black raspberries

NUTS
peanuts rhubarb
pecans

MISCELLANEOUS
chocolate

LOW SALT DIET 4-5 GRAMS SODIUM (NO ADDED SALT) DIET

When a 4-5 grams sodium diet is ordered, the patient is given a regular diet without added salt.

FOODS ALLOWED:
Foods may be lightly salted in cooking.
SEASONINGS ALLOWED

- lemon juice
- onion powder
- garlic powder
- basil
- bay leaf
- chives
- dill
- marjoram
- mint
- oregano
- parsley
- sage
- thyme
- allspice
- cinnamon
- nutmeg
- paprika
- pepper

FOODS TO AVOID:

- salt at the table
- canned soups, stews, and broths, (unless specifically prepared without salt)
- smoked, processed, or cured meats and fish, such as ham, bacon, corned beef, cold cuts, hot dogs, sausage, tongue, salt pork, chipped beef, anchovies, luncheon meats, meats koshered by salting, sardines, salted herring, caviar
- highly salted foods such as salted nuts, chips, pretzels, salted crackers, breads, rolls with salted tops
- meat extracts, bouillon cubes, liquid or powder, meat sauce and tenderizers
- prepared condiments, relish, worcestershire sauce, catsup, pickles, mustard, sauerkraut, soy sauce, chili sauce, olive oil, barbecue sauce, regular tomatoe juice, V-8, peanut butter, processed cheese or cheese spreads, Roquefort, Camembert, Gorgonzola cheese, cooking wine, celery salt, garlic salt.