



Patient Information

Increasing fluid intake

This leaflet provides information that will help prevent kidney stone formation by increasing your fluid intake.

Why is fluid intake important?

Whatever the cause of your kidney stones the number one thing you can do to prevent formation of stones is to make your urine dilute by increasing fluid intake.

Even if you have been prescribed medication and/or diet changes to prevent kidney stones it is still important that you pass at least 2 litres of urine every day. You should aim to drink at least 2½ litres of fluid.

Remember that if you are losing moisture through sweating e.g. on a hot day or by exercising then you must drink more.

Tips on how to increase fluid intake

- Drink a large glass of water at key times of the day e.g. when you get up in the morning, before leaving home, when you arrive at work
- At work keep a large water bottle within easy reach
- Some people find drinking through a straw helps them drink more
- Drink one glass of water each hour on the hour
- Dilute fruit juices with water
- Bring a 2 litre bottle of water to work. If you have not finished it by the end of the day, finish it on the way home
- Drink two full glasses at each meal – one before and one after eating
- Carry a refillable water bottle everywhere

- To keep track of the quantity consumed, pour water from a litre bottle or measuring cup as you drink throughout the day
- Fluid intake should be spread out as evenly as possible during the day including just before bedtime. Ideally you should get up once at night to urinate. If you do you should drink another glass of water

Will I get another kidney stone if I follow this advice?

You may still get another stone, but your chances are reduced.