



Patient Information

General diet and lifestyle advice for the prevention of kidney stones

This leaflet provides general information about diet and lifestyle that can help prevent kidney stone formation.

What is a kidney stone?

Kidney stones are hard stone-like lumps that can develop in one or both kidneys. They are quite common and affect up to 5% of people.

There are three main types of kidney stone:

- **Calcium** the commonest and often mixed with oxalate
- **Struvite** these form as a result of infection
- **Uric acid** a breakdown product of purines found in many foods

Preventing kidney stones

The most common reason people develop a kidney stone is through dehydration. You should therefore drink plenty of fluid throughout the day. You should aim to pass around 2 litres of urine per day. This means drinking around 2 ½ to 3 litres of fluid per day. The colour of your urine should be pale rather than yellow.

You should also make sure you drink more than the recommended daily amount when it is hot, or when you are exercising, in order to replace the fluids that are lost through sweating.

Drinks such as tea and coffee can count towards your fluid intake, but water is the healthiest option for kidney stone prevention. Do not drink large

quantities of grapefruit juice, apple juice or cola drinks as these help form kidney stones.

Diet

You should reduce the amount of animal protein in your diet. Aim for no more than 3 oz (85 grams) of red meat, poultry or fish per meal.

You should NOT reduce the amount of calcium in your diet.

You should reduce the amount of sodium (salt) in your diet by not adding salt in your cooking and not adding salt to your food at the table.

You should reduce your intake of refined sugars. Refined sugars are found in many foods including cakes, sweets, biscuits, jam, honey and fizzy drinks.

You should reduce your consumption of food and drink rich in oxalate. Foods and drinks rich in oxalate include:

- beetroot
- asparagus
- rhubarb
- nuts
- chocolate
- berries
- leeks
- spinach
- tofu
- tea

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

You may still get another stone, but your chances are reduced. If you do get recurrent kidney stones then you can be referred to a clinic that will investigate you in more detail.