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## Prevention of Stone Recurrence

The underlined terms are listed in the glossary.

Some patients who have had kidney or ureteral stones may form more stones in the future. After your stone passes or is removed, your doctor will determine if you are at high risk of recurrence. To do so, he or she will need to analyse the stone. In addition, the doctor will consult the results of your blood and urine tests which were done before treatment.

If your risk of recurrence is low, general lifestyle changes will be enough to cut the risk of forming another stone.

If you have a high risk of recurrence, the doctor will run a series of specific blood and urine tests called metabolic evaluation (See *Metabolic Evaluation for Kidney and Ureteral Stones*). Depending on the test results, the doctor will recommend preventive measures or further tests.

### General lifestyle advice to prevent stones

Even if you have a low risk of forming another stone, your doctor and nurse will advise you to make some lifestyle changes. These measures reduce the risk of you getting another stone and improve your health in general. The following advice is for adults.

#### Drink more

- Make sure you drink 2.5 to 3 litres every day
- Drink evenly throughout the day
- Choose pH-neutral drinks such as water or milk
- Monitor how much you urinate. It should be 2 to 2.5 litres every day
- Monitor the colour of your urine: it should be light
- Drink even more if you live in a hot climate or do a lot of physical exercise. This will help you to balance your fluid loss

## Adapt your diet

Depending on your individual situation, your doctor may recommend that you adapt your diet. It is important to discuss this with the doctor first.

- Have a balanced and varied diet
- Eat lots of vegetables, fibres, and fruits (especially citrus fruits)
- Try to eat more low-oxalate foods like eggs, lentils, white rice, peeled apples, grapes, cauliflower, squash, etc.
- Make sure your diet contains a sufficient amount of calcium (about 1,000 milligrams a day). However be careful with calcium supplements and always ask your doctor or nurse for advice
- Reduce the amount of salt in your diet (no more than 3 to 5 grams a day)
- Do not eat too much animal protein, especially meat from young animals. Instead, eat more vegetable protein, found for example in avocado, cauliflower, or peas
- Maintain a healthy weight (your Body Mass Index should be between 18-25 kg/m<sup>2</sup>)



## Go Online

Read more about how to adapt your diet in these Litholink brochures

<http://www.litholink.com/en/DietInformation>

## Healthy habits

Adopting a healthy lifestyle is always a good idea.

- Try to exercise 2 or 3 times a week
- Avoid stress

## This information was last updated in June 2012.

This leaflet is part of a series of EAU Patient Information on Kidney and Ureteral Stones. It contains general information about stone disease. If you have any specific questions about your individual medical situation you should consult your doctor or other professional healthcare provider.

This information was produced by the European Association of Urology (EAU) in collaboration with the EAU Section of Urolithiasis (EULIS), the Urolithiasis Section of the EAU Young Academic Urologists Group, and the European Association of Urology Nurses (EAUN).

The content of this leaflet is in line with the EAU Guidelines.

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