

Information For Patients With Stones

What are stones?

Kidney stones form when substances such as calcium become highly concentrated in the urine and form crystals.

Each year 1-2 people in every 1000 will be diagnosed with a kidney stone. Approximately 1 in 8 men and 1 in 16 women will have kidney stones in their lifetimes.

If you have had a kidney stone, there is a 50% chance that you will have another stone within 5 years.

What is renal (ureteric) colic?

When a stone moves from the kidney into the tube that drains urine (ureter) it usually causes very severe pain. The pain occurs in spasms that may last from a few minutes to a few hours and may be felt in the back, side, groin, and even the genitalia. You may sweat, feel sick, or vomit because of the intensity of the pain.

What happens next?

You have been diagnosed with kidney stones, depending on the location and size of your stone will depend on how this is treated.

You have been referred to the stones team which is made up of Urology consultants, Doctors and Specialist Urology nurses. We have a meeting every week where we will discuss your diagnosis, look at your imaging and decide on the most appropriate treatment options for you.

Depending on the outcome of this, we will be in touch with you via a telephone call, letter or clinic appointment. The use of MyCare would be beneficial for you to be able to keep updated on your upcoming appointments and correspondence.

You may require further imaging, blood tests or urine tests and you will be notified of this.

What treatment might I need?

If your stone is small (5mm or less) it is likely that you will pass the stone without the need for any further treatment.

You may undergo a period of conservative management (observation) and receive a follow-up scan (usually 4 weeks time) to check if the stone has passed. We will inform you once the scan result is back – if the stone has passed you will likely be discharged. If the stone is still present you may need further treatment and this will be discussed with you.

During this time, it is important to drink plenty of fluids (2-3 litres), take pain relief as needed and monitor your urine for stone passage. If you experience a temperature or uncontrollable pain return to A&E for assessment. Additionally, you should look out for stone passage each time you pass urine. If possible, please retain the stone and bring it to your next appointment for analysis.

If your stone doesn't pass or it is too large, then we may refer you for **Lithotripsy (ESWL)**. This is an outpatient procedure that is done in a clinic setting at **Derriford Hospital (Plymouth)**. It

is a non-invasive treatment that involves using shockwaves passed through the skin focused on the specific area to break the stone into small fragments that will pass naturally in urine. You may require multiple sessions and will have an x-ray after to check the effectiveness of the treatment.

If you are not suitable for lithotripsy, there are other surgical interventions that can be offered. These will be discussed with you either during a telephone appointment or clinic appointment.

Who can I contact?

If you become unwell you should seek advice from your GP or attend A&E.

If you are struggling with symptoms and/or need advice please contact:

Urology Specialist Nurses Jane Collie / Holly Boulton on 01392 402551

Further information

These are some useful information leaflets regarding stone management

Diet and lifestyle

www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Stone%20diet.pdf

Lithotripsy (ESWL)

www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/ESWL.pdf

Ureteroscopy

www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Ureteroscopy%20for%20stone.pdf

Living with a ureteric stent

www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Stent%20advice.pdf

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01392 402093 or email rduh.pals-eastern@nhs.net. You can also visit the PALS and Information Centre in person located in the main concourse at Wonford site.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611 **NDDH (Northern Services) main switchboard: 01271 322577**

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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