

Your Journey with Kidney Stones



For more information scan this QR code or go to myhealth.alberta.ca/kidney-stone-pathway

Kidney stones are formed when substances normally found in your pee (urine) clump together. They can be different sizes and shapes. You may have pain depending on the size of the stone and where it is located in your body. You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and treat your kidney stones. If you have any questions along the way, please ask your healthcare team.

Before your appointment

- Write down how you feel, and your questions, symptoms, and concerns.
- Symptoms you may have with kidney stones are pain, blood in your urine, changes in how often or how much you pee, and nausea and vomiting.



Visit your healthcare provider

- Consider bringing a family member or friend to support you.
- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- In order to better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.



Get your tests

Your tests may include:

- Ultrasound
- CT Scan
- X-ray of your Kidney, Ureter and Bladder (called KUB)
- Collection of your urine (called an urinalysis)
- Bloodwork (testing for electrolytes and creatinine)



Review your test results

- Find your test results on MyHealth Records or MyChart (myhealth.alberta.ca/myhealthrecords or ahs.ca/mychart).
- Talk with your healthcare provider so you know what your test results mean and how they will help your team and you decide what to do next.



Review your management & prevention options

- For most people with kidney stones, the use of over-the-counter pain medication is recommended.
- Always follow your healthcare provider's recommendation on how much fluid you should drink.
- Most people should drink enough water (2 to 3 liters) to pee 2.5 liters a day (about 7 to 8 pees a day).
- Your pee should be pale yellow or clear.
- To prevent kidney stones some dietary and lifestyle changes may be needed.



Talk with your healthcare provider about a referral

- Not all patients need a referral to see a kidney stone specialist.
- A referral is determined based on the size of the kidney stone, your symptoms, where the kidney stone is located in your body, and your test results.



Start your management & watch your symptoms

- If you have a fever or blood in your urine make sure to tell your healthcare team.
- Take an active role in your management. For example, if you have a change in symptoms or notice a new symptom consider writing down what it feels like, the date, time and what you were doing when it began.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy-lifestyle resources and supports.



Whole-person health

Important Tips:

Need to connect with a primary care clinic?

ahs.ca/findadoctor

Need a translator or interpreter? Let your healthcare provider know

Need health advice?

Call Health Link at 811

Need to find programs and resources in your community?

Call 211 or visit ab.211.ca



Primary Care
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