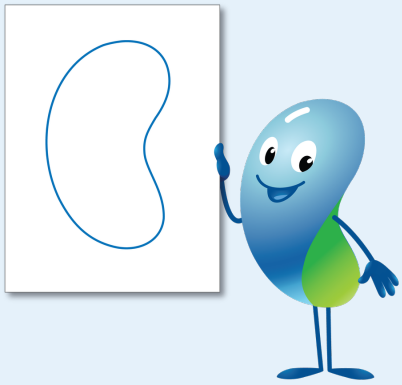
THE KIDNEY EXPERTS

Kidney stones



What is a kidney stone?

A kidney stone is a hard, pebble-like piece. It forms in your kidney from minerals in your urine. A small stone may pass on its own. A larger one can get stuck and block your urine.

Signs of a stone

- Sharp pain in your back, side, or lower belly
- Blood in your urine

Get care right away.

Bad pain that won't go away? Fever and chills? Throwing up? Get care right away.

Help prevent more

Had a stone once? You're more likely to get another. These steps can help:

- Drink enough liquid, mostly water. With kidney disease, ask us how much is right for you.
- Eat less salt.
- Don't cut out calcium from food unless we tell you to.

Pass a stone?

Try to catch it, and bring it to us. Knowing the type helps us plan how to prevent more.

Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.