



Useful Links for further information:

## Emergency Department (A&E)

Whiston Ambulatory Emergency Care  
**(0151) 4302395**

Whiston Hospital  
Warrington Road  
L35 5DR



St Helens and Knowsley Teaching Hospitals  
NHS Trust

## Patient Guide to Renal Colic Management Ambulatory Emergency Care

Whiston Hospital  
Warrington Road  
L35 5DR

To contact the AEC service please dial  
**(0151) 4302395**

## **RENAL COLIC**

### **What is renal colic?**

This is pain in the loin or abdomen caused by a kidney stone in the ureter – the tube connecting the kidney with the bladder. Kidney stones can cause a spasm type pain and occasionally obstruct the passage of urine from the kidney to the bladder, resulting in an enlarged kidney and kidney failure. This information leaflet is designed to provide some background information, not to replace the advice of the clinician.

### **Causes**

- Dietary: high protein, low fibre diet
- Dehydration
- Family history
- Metabolic – build ups of calcium, ammonia, uric acid (gout) or cystine (amino acid)
- Inactivity
- Intestinal disorders such as Crohn's disease or previous intestinal surgery
- Certain medications (such as aspirin, antacids, calcium and Vitamin D supplements)

### **Treatment**

This can comprise of:

- Blood tests (to check the kidneys)
- Urine tests (to check for infection and blood – a sign of renal stones)
- Medications (to aid the passage of a stone or to ease pain)
- Scans (to investigate for a stone)

### **Next steps**

Once your care in Ambulatory Care is complete you can go home.

The staff will let you know the next steps for your treatment before you leave. You will be encouraged to be actively involved in your own care management wherever possible.

If you are being discharged with plans to return for a scan, instructions will be given to you how best to prepare for this, as well as where to go. If you have had a scan and an appointment in clinic has been made for you, ensure that you have been given your appointment date, time and place. If you have any questions regarding your appointment or further care, you should ask a member of the ambulatory care team.

Usually your plan will look something like this:

1. Doctor will give you a time to return for scan the next day
2. You will need to go to A&E reception before going home today to book a clinic slot to get your scan results (this is scheduled for about an hour after you have your scan)
3. You have your scan
4. Return to A&E reception and inform the receptionist of your arrival
5. Reception will send you to clinic.
6. Doctor gives you your results – please note that scans can take 60-90 minutes to be reported.

You should seek medical advice if you develop:

- Worsening pain despite painkillers
- Reduced urine output
- Feeling generally unwell, sick or feverish
- Visible blood in the urine

If you have any concerns or queries after you leave the unit please call the unit on 0151 430 2395 (A&E AEC) or 0151 430 4168 (Ward 1B AEC)

**IF YOU CONSIDER IT AN EMERGENCY PLEASE DIAL 999**