

Kidney Stone (Urine)



Does this test have other names?

Urine stone risk profile

What is this test?

This test checks your urine for chemicals that might cause your body to form kidney stones. The test also looks for blood in your urine, which can be a symptom of kidney stones.

Kidney stones are hard masses of minerals and salts that can form in your kidneys. They can be as small as a grain of sand or more than an inch in diameter. These stones or crystals usually pass through your body when you urinate. But sometimes they can get stuck in your urinary tract and cause pain.

Why do I need this test?

You may need this test if your healthcare provider suspects that you have kidney stones. Symptoms of kidney stones include:

- Pain in your lower belly, side, or lower back (flank)
- Nausea and vomiting
- Sudden, strong urge to urinate
- Pain when urinating
- Blood in your urine

You may also have this test if you had a kidney stone or you are being treated for kidney stones. If you have had a kidney stone or any treatments for a kidney stone, you should wait 1 to 2 months, or until you have completely recovered, before having this test.

You will need to repeat the test at least twice so your healthcare provider can compare the results.

What other tests might I have along with this test?

Your healthcare provider may also order imaging tests. These include an ultrasound, CT scan and, a special type of X-ray (pyelogram) that uses a dye to look for kidney stones.

Your provider is also likely to order blood tests, to look for calcium, phosphate, uric acid, oxalate, and citrate. These are some of the chemicals that are most likely to cause your body to form kidney stones.

What do my test results mean?

Test results may vary depending on your age, gender, health history, and other things. Your test results may be different depending on the lab used. They may not mean you have a problem. Ask your healthcare provider what your test results mean for you.

The results will show whether your urine has high or low levels of the chemicals that are most likely to cause stones to form. These chemicals are calcium, phosphate, uric acid, oxalate, and citrate.

If your levels are not normal, it may mean that you have a kidney stone or stones.

Abnormal levels may also mean that you have another kidney disorder, such as a urinary tract infection.

How is this test done?

This test is done with a 24-hour urine sample. For this sample, you must collect all of your urine for 24 hours. Empty your bladder completely first in the morning without collecting it. Note the time. Then collect your urine every time you go to the bathroom over the next 24 hours.

Does this test pose any risks?

This test does not pose any known risks.

What might affect my test results?

Having this test too soon after treatment for a previous kidney stone can affect your results. You should wait several months after treatment before having this test.

How do I get ready for this test?

You don't need to prepare for this test. Be sure your healthcare provider knows about all medicines, herbs, vitamins, and supplements you are taking. This includes medicines that don't need a prescription and any illegal drugs you may use.

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