



DIETARY ADVICE FOR STONE FORMERS

**Information about your condition from
The British Association of Urological Surgeons (BAUS)**

You have been given this leaflet because you have been diagnosed with urinary stones. The aim of the leaflet is to provide you with advice on how to modify your diet and fluid intake to reduce your risk of getting further stones.

We have consulted specialist surgeons during its preparation, so it represents best practice in UK urology. You should use it in addition to any advice already given to you.

To view the online version of this leaflet, type the text below into your web browser:

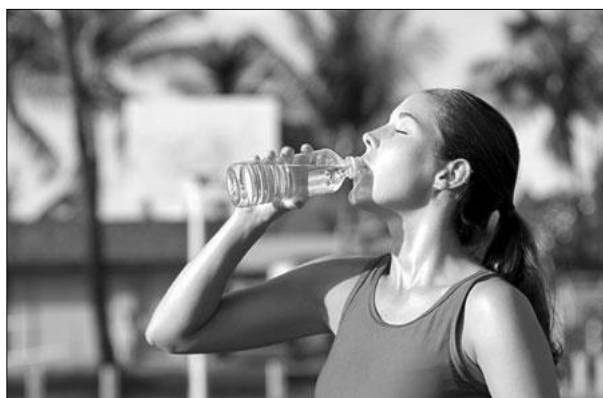
[http://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Stone diet.pdf](http://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Stone%20diet.pdf)

Key Points

- Specific types of stone can be managed by measures aimed at the cause of your stone formation
- Generally, keeping your urine dilute & colourless reduces your risk of forming a further stone by almost one third (30 to 40%)
- In addition, a normal calcium, low-salt, low-protein dietary intake can reduce your risk of stone formation even further

How much do I need to drink?

Drinking plenty of fluid is the most effective way of preventing stone formation and reduces your risk of stone formation by almost one third (30 to 40%). Not drinking enough can cause your urine to become concentrated, making stones more likely to form.



Try to drink two to three litres (four to six pints) of fluid (water or squash) each day. You should aim to keep your urine colourless throughout the day. This should give you a urine output of at least two litres (four pints) per day. If you have cystine