

# Kidney Stone

## Surveillance

This leaflet is to explain more about the surveillance of your kidney stone(s), as you have chosen to go down this route after your appointment. It will tell you what symptoms to look out for that might indicate that your stone(s) require a review, and who to contact if that happens.

### What is kidney stone surveillance?

You will have been told by a doctor or nurse that you have kidney stones. During your clinic appointment we will have discussed with you what the scan results showed, where the stones are and their size. We will have asked you about your general health, lifestyle, and family history, how much fluids you drink and assessed your overall level of risk for developing more stones in the future.

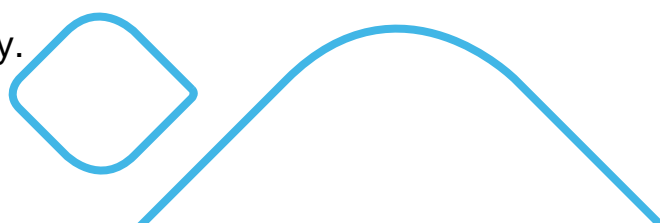
We will have given you advice to drink plenty of fluids around 2 litres/4 pints per day (mainly water), have a balanced diet and maintain a healthy weight as these all have an effect on making kidney stones and preventing them from enlarging or causing problems in the future. This information will have been given to you in a separate stone prevention leaflet.

We will have discussed what symptoms you have from your kidney stones.

Symptoms of kidney stones can be mild or severe. It is important that you recognise what these symptoms are, know how to manage your symptoms at home and know when you should seek help.

We will have discussed with you the options to manage your kidney stones and together decided on what option is best for your kidney stone(s). There are 3 options:

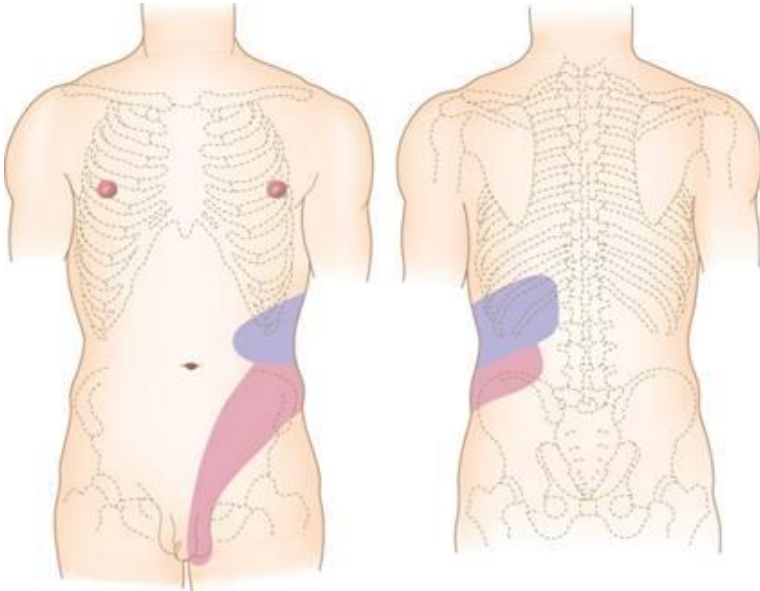
- **Surveillance** – This involves us repeating scans (either CT, X-ray, or Ultrasound) at set times, possible blood tests and a follow up clinic appointment to discuss your symptoms.
- **Treatment** – This could either be:
  - Extracorporeal Shockwave Lithotripsy.



- Surgical intervention

## Symptoms of Kidney Stones


- **Aching in your loin** – the pain starts in your back area above your waist and travels around to the front.



- **Non-visible blood in your urine** – found only when your urine is examined using a dipstick test either at your GP surgery or whilst in hospital.
- **Infection in your urine** – stones are a known risk factor for urinary infections. Symptoms of a urine infection can include the feeling of burning or stinging when passing urine, the feeling that you need to pass urine more frequently, cloudy/smelly urine and only passing small amounts of urine.

## Symptoms requiring urgent review

- **Ureteric colic**
  - Severe pain that starts in the back and travels down towards your pelvis or genital area;
  - Severe pain that comes and goes;
  - Feeling sick or vomiting;
  - Blood in your urine – you can see with your own eyes;
  - A high temperature;
  - Feeling sweaty.



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**These symptoms often need an urgent referral so that you can get adequate pain relief and urgent scan (usually a CT). This helps us to decide whether your stone can be left to pass by itself, or whether you need admission to hospital and rules out any other cause for your sudden abdominal pain.**

There are risks of opting for the surveillance option of your kidney stones that you could have symptoms prior to your planned review and around 1 in 4 people will need to be seen sooner.

### **Urology Contact details for further information**

If you need further information or have any questions, please contact:

Monday to Friday 9am to 5pm:

Urology Outpatients Reception **01225 825990**

Urology Nurse Specialists **01225 824034**

Urology Nurse Practitioners via RUH Switchboard **01225 428331** and ask **for bleep.**

Out of hours:

**NHS 111** or Accident & Emergency department of your nearest hospital

Visit our website: [www.ruh.nhs.uk](http://www.ruh.nhs.uk) and head to our Urology section for more patient information leaflets.

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to send feedback of your experience of the hospital. Email [ruh-tr.psct@nhs.net](mailto:ruh-tr.psct@nhs.net) or telephone 01225 825656.

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