



Kidney stones can come back if steps aren't taken to prevent them. Here's what the latest medical research recommends to reduce your risk.

## ❑ 1. Drink More Fluids

- Aim for 2.0 to 2.5 liters of urine output per day (usually means drinking 2.5–3 liters)
- **Water** is best, but limit soft drinks, especially those with phosphoric acid (like cola)

## ❑ 2. Eat Smart to Prevent Stones

### Calcium & Sodium

- Get enough calcium (1,000–1,200 mg per day) from food—not supplements
- Reduce salt intake, which can increase calcium in your urine

### Protein

- **Limit animal protein** (red meat, poultry, eggs)
- Choose more **plant-based proteins** (beans, lentils, tofu)

### Oxalate & Citrate

- Cut back on high-oxalate foods (spinach, nuts, chocolate)
- Eat more citrus fruits like lemons and oranges
- **Citrate** helps prevent stones by stopping crystals from forming

## ❑ 3. Medications to Prevent Stones

Talk to your doctor about these options:

### Thiazide Diuretics

- Help reduce calcium in urine
- Example: **Hydrochlorothiazide** (shown effective in NOSTONE trial)

### Potassium Citrate

- Used for low urinary citrate or calcium phosphate stones

### Allopurinol

- Helps lower uric acid in patients with calcium oxalate stones and high uric acid

## ❑ 4. Lifestyle Tips

- Stay hydrated, especially in hot weather or after exercise
- Maintain a healthy weight
- Follow up with your doctor for testing (such as 24-hour urine or blood tests)

The best prevention plan is one that fits your specific needs and stone type. Your doctor may recommend dietary changes, medications, or both.





## ❑ **MSP Labs and Litholink:**

MSP Labs and Litholink are specialized laboratories that provide comprehensive testing and analysis for patients with kidney stones. These labs help in identifying the underlying causes of stone formation and in developing personalized treatment plans.

### **Why We Order These Tests:**

- To analyze the composition of kidney stones.
- To assess metabolic abnormalities that may contribute to stone formation.
- To monitor the effectiveness of dietary and medical interventions.

### **Basics About Interpretation:**

- **MSP Labs:** Focuses on metabolic and biochemical markers to understand the patient's risk factors for stone formation and to guide treatment strategies.
- **Litholink:** Provides detailed reports on urine chemistry, helping to identify specific risk factors and to tailor preventive measures.
- These preventative measures may include increasing water intake, decreasing certain dietary factors (like salt or animal protein), or starting a medication to decrease your risk of developing a new kidney stone.

These tests are crucial for managing and preventing kidney stones, ensuring that patients receive the most effective and personalized care.

The best prevention plan is one that fits your specific needs and stone type. Your doctor may recommend dietary changes, medications, or both.





## Resources

### Chirag Dave, MD

#### About Me

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Thank you for choosing me as your doctor. Please watch the video to learn more about me and my practice. I look forward to helping you on your journey to better health.

#### We Value Your Feedback

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If you had a positive experience with your care, we would be grateful if you could take a moment to leave us a 5-star review on Google. Your feedback helps other patients find the support they need and allows us to continue providing excellent care. 🙌



Marietta Clinic

For more information about Advanced Urology or Dr. Chirag Dave, please visit  
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