

Name: \_\_\_\_\_

### **Drink 8-10 glasses of fluids each day**

- Your kidney stones have been crushed into small pieces
- You need to drink fluids to flush out the small pieces
- Drinking 8-10 glasses a day will prevent new stones

### **Strain your urine for 2 weeks**

- Place any small pieces in a small container
- Take the container to the doctors office
- The pieces will be analyzed in the lab
- This may help the doctor find out what causes your stones

### **You can do all your normal activities if:**

- You do not have pain
- There is no blood in your urine

### **What if I have pain?**

- Your doctor may give you a prescription for pain medicine
- Follow the directions on the medicine bottle
- Take the tablets as soon as the pain starts
- You may take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tells you not to
- Be sure to take all of your antibiotics as directed on the medicine bottle

**Contact your surgeon or family doctor if you have:**

- Pain and the pain medicine does not help
- A fever of 38 ° C or 100.4 ° F
- An increase in bleeding or pass blood clots in your urine

**Questions or Concerns:**

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room