



# What is Renal Colic? (Kidney Stones)

Information for patients

## WHAT IS RENAL COLIC?

- ◆ Renal Colic is the pain caused by the body trying to pass a kidney stone
- ◆ Kidney stones are formed from waste products in the body present in urine
- ◆ Most stones will pass by themselves
- ◆ Large stones may get stuck and cause persistent symptoms and sometimes impair the function of the kidneys

## WHAT HAPPENS NEXT?

- ◆ If your pain is under control and the blood tests showed no impairment of the kidneys
- ◆ You can return home and come back to the Radiology Department or Emergency Department in the morning for a scan to check for large stones
- ◆ You may have a CT scan or an ultrasound scan

## WHAT DO I NEED TO DO?

- ◆ Return to CT (Radiology) at 8.45am and subsequently to Planned Investigation Unit (PIU) during Monday to Friday or CT at 9.15am and subsequently Emergency Department (ED) during Saturday/Sunday/Public Holidays informing staff you are attending for CTKUB.
- ◆ Have a **full bladder** for the scan (drink plenty of water; avoid going to the toilet)
- ◆ The radiology department may be busy, therefore you may need to wait for your scan, and for a specialist to report it
- ◆ One of the nurses/doctors will discuss the report with you, and discuss if further specialist treatments are required.

## HOW DO I PREVENT KIDNEY STONES?

- ◆ Drink 2 litres of water per day
- ◆ Calcium: 800-1000mg per day
- ◆ Limit Oxalate; foods like chocolate and peanuts

## WHAT IF I FEEL WORSE?

- ◆ Renal Colic can be painful, and you will likely have been given strong painkillers to take home
- ◆ If the pain is worsening despite using these, return to the Emergency Department
- ◆ If you feel feverish or have flu-like symptoms, this may be an infection, and you should return to the Emergency Department
- ◆ If you start vomiting this may also be a symptom of an infection, and you should return to the Emergency Department

### Emergency Departments

University Hospital Hairmyres  
01355 584716

University Hospital Monklands  
01698 752005

University Hospital Wishaw  
01698 366630

NHS 24

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