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## ATTEMPTING TO PASS A KIDNEY STONE

### Signs/symptoms of passing a kidney stone:

- Visible blood in the urine
- Flank or abdominal pain
- Nausea/vomiting
- Pain with urination
- Strong urge to urinate, even if the bladder is not full
- Frequent need to urinate, even small amounts of urine

\*\* Pain from a kidney stone comes from the obstruction of urine and the dilation/swelling of the kidney, therefore the pain should resolve quickly after stone passage\*\*

### Passing a kidney stone without surgery:

- Kidney stone size vs ability to spontaneously pass the kidney stone
  - o  $\leq 2\text{mm}$  = 95%
  - o 2-4mm = 83%
  - o 4-6mm = 50%
  - o 7-9mm = 47%
  - o  $>9\text{mm}$  = 23%
- Ways to assist with kidney stone passage:
  - o Time, allowing between 4-6 weeks to pass a kidney stone if tolerating well.
  - o Utilizing Flomax (tamsulosin) 0.4 mg to relax urinary tract system to facilitate passage of kidney stone.
  - o Pain control
    - Ibuprofen (NSAIDs)/Tylenol or prescription strength pain medication if needed
  - o Anti-nausea medication if needed
  - o Fluid intake
    - Consume 80-100oz. of water
- Strain your urine
  - o If you catch the kidney stone, please bring it to your healthcare provider for further analysis.

**-Continue to opposite side for additional important safety information-**

When to go to the emergency room:

- Fever (>100.4 degrees)
- Change in level of consciousness
- Vomiting that will not subside
- Unable to eat/drink for >24 hours
- Severe abdominal pain (that is not controlled with oral pain medication)
- Unable to urinate

**If your symptoms change and you feel you are no longer able to pass the kidney stone on your own, please contact our office to talk with your healthcare provider.**

Please do not hesitate to contact our office with questions or concerns.

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