

DIETARY ADVICE FOR STONE PATIENTS

Urinary stones are most commonly made up of calcium oxalate, calcium phosphate or uric acid. Increase in the concentration of these substances in the urine can lead to stone formation.

The following measures are aimed at reducing the concentration of the above substances in the urine to help prevent further stone formation:

- ❖ Increase fluid intake. Water is the best fluid, however dilute juices are acceptable. Aim at drinking 2.5 – 3 Litres of fluid per day. Limit alcohol, coffee and fluids that are high in salt
- ❖ Try and maintain a healthy weight. Patients who are overweight should go on a weight reduction program; if necessary they should seek the advice of a dietician.
- ❖ Calcium intake: contrary to popular belief it is not necessary to reduce calcium intake. In fact calcium in the diet is necessary to maintain bone health but it is not advisable to take calcium supplements.
- ❖ Avoid foods that are rich in oxalates. These include; chocolate, nuts, berries, coffee, tea, cola, asparagus, rhubarb, beetroot.
- ❖ Patients who form uric acid stones should adopt 2 measures;
 - Alkalinising the urine converts the uric acid into a much more soluble form. This is best achieved by avoiding very acidic foods such as citrus fruits particularly tomatoes.
 - Reducing the amount of uric acid produced by the body. Uric acid is produced when food that have a high purine content are metabolised. These include red meats, offals, sardines and shellfish.

In some instances it may be advisable to take some medications to assist in achieving some of the above measures. Your doctor will advise if further investigations and medications are indicated.

For further information contact Dr Enzo Lazzaro Ph 029982 4477

Disclaimer. This information is of a general nature, it is not intended as a substitute for your own independent advice from your doctor