

Renal colic

Occurs when stones or grit form in some part of the tube that goes from the kidneys to the urinary tract, near the urethra, and block the passage of urine. The stones may consist of calcium, uric acid, etc.

Sometimes stones can become infected, especially when they have been around for a while or are large.

Colic causes intense pain that normally originates in the lumbar region and radiates to the groin or genital areas.

Pain does not improve with rest and is often accompanied by nausea, vomiting and a continuous feeling of the need to urinate but only producing a very small amount. Sometimes blood appears in the urine.

Recommendations:

- Use an electric blanket or take a bath of hot water.



- Take the analgesic prescribed by your doctor.

- While pain persists, do not drink more than necessary.



- When the pain subsides, drink at least 2.5 liters of water per day (8 to 12 glasses). You can take tea and fruit juice.



Your doctor will follow up your renal colic or will refer you to a urologist, but see a doctor before your check up if:

- You have a temperature.



- Vomiting prevents you from taking medication.
- Pain does not subside
- You urinate little.
- There is increased blood in the urine.
- You are pregnant.

If the stone is very large and cannot be eliminated in the urine, your urologist will suggest other techniques for its removal (lithotripsy -shock waves-, surgery ...).

How can you prevent stones?

- Get in the habit of drinking plenty of water, especially if it's hot or you sweat more.
- Diet: **consume salt, meat, cocoa, coffee, caffeine, cola drinks and tea in moderation.** Avoid alcoholic drinks (especially beer). Avoid an excess of calories. Do not abuse laxatives. Do exercise in moderation.
- **The efficiency of following specific diets to prevent stones from recurring is rather limited.** They must be assessed individually and only if colic recurs often.
 - **Calcium stones:** Reduce your intake of oxalates (some vegetables, nuts, sardines, etc.), and moderate, only moderate, calcium rich foods (milk and derivatives). Increase your consumption of citrus fruits and kiwi (rich in citrates). Do not eat meat, fish or eggs in excess.
 - **Uric acid stones:** Mainly avoid alcohol.
 - **Cystine stones:** Limit afish intake.