

WHAT CAUSES STONES

Patients who have had kidney stones usually undergo some routine tests of their blood and urine to look for an underlying metabolic cause that may be contributing to the formation of stones. Occasionally a problem with the metabolism of Calcium is identified and this can usually be corrected. It may be associated with a small gland in the neck or in the amount of Calcium that is passed out in the urine. Usually dietary factors are not significant but in general, a good fluid intake (to keep your urine clear) and a healthy diet with no excesses will help prevent the further formation of stones. As many patients will know however, despite these measures stones, often recur.