

Emergency Department Kidney Stone (Renal Colic)

General Information

Renal colic is pain that occurs when a stone formed in the kidney blocks the flow of urine from the kidney to the bladder. The stone may be stuck in one spot, or it may be moving from the kidney to the bladder. The pain is often severe and accompanied by nausea and/or vomiting. The pain may be felt in your lower back or in your groin. This pain stops when the stone passes out of your system, which occurs without treatment in most cases.

Instructions

1. You may be given medication to ease the pain and speed up the passage of the stone. It may cause drowsiness. **DO NOT DRIVE** or do things that need full alertness after taking this medication.
2. The stone may irritate tissue as it moves from your kidney. This may cause some blood in your urine and result in reddish coloured urine. Do not be alarmed - this will correct itself.
3. Drink as much liquids as you can. Have a full glass of water every hour while you are awake.
4. When you empty your bladder, check whether the stone has passed. You may be given a strainer for this purpose. The stone will be small, hard, and irregular in shape. Keep the stone to show your doctor, as he or she can analyze it and try to prevent another stone from forming.
5. Most Kidney Stones will pass out of the body without the help of a doctor. If you have a stone what will not pass on its own, several treatment options are available:
 - Shock waves that are aimed at the stone in order to break it up into smaller pieces.
 - Tunnel surgery - a small cut is made in the back, a tunnel is made through the skin to the stone and it is removed.
 - Ureteroscopy - a scope is inserted into the urethra and a cage is used to catch the stone and remove it.

Return to Emergency if any of the following develop:

- Chills or fever.
- Severe pain not relieved by the suggested pain medication.
- If you are unable to keep fluids down or tolerate the prescribed medications.
- You are unable to pass urine.

For more information or questions contact HealthLinkBC at 811.

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