



# Arkansas Urology

## Kidney Stone Prevention Tips

### Hydration

- Fluid intake is CRITICAL to prevention of stones.
  - You should drink enough water to produce 2-3 liters of urine per day.
  - A general tip is that you should be voiding clear urine. If it becomes dark yellow that is a sign that you may not be drinking enough.

### Add Citrus to Your Diet

- Lemonade is a great drink for stone prevention!
- Add lemon or lime to your water or drink a small amount of grapefruit or orange juice every day. Citrus increases the citrate in your urine, which can help prevent stones.

### Avoid Excess Meat Protein

- Protein in excess can help stones form by becoming the center of a stone. This included beef, chicken, pork, and fish.

### Avoid Excess Salt/Sodium

- This can increase the risk of stone formation. Do not add excess salt to your foods and try to eat foods that are not excessively salty.

### Avoid Large Amounts of Oxalate-Rich Foods

- Such as spinach/greens, chocolate, soda, tea, coffee, beans, nuts/nut butters, dark beer, beets, and rhubarb.

### Calcium Intake

- Unless you are consuming large amounts of calcium, there is no need to reduce your calcium intake. A moderate calcium intake can prevent stones.