



# Am I a Stone Former? Self-Assessment Tool

Check your risk — and find out what to do next

## ▶ Stone Risk Checklist

Check all that apply to you:

- ☐ I've had a kidney stone before
- ☐ A parent or sibling has had kidney stones
- ☐ I drink fewer than 6 cups of water most days
- ☐ I eat salty, processed, or fast food often
- ☐ I take calcium or vitamin C supplements
- ☐ I drink sweet tea, soda, or juice regularly
- ☐ I have diabetes, prediabetes, or insulin resistance
- ☐ I eat large portions of meat or protein powder
- ☐ I often skip meals or go long hours without eating
- ☐ My urine is usually dark or I rarely feel thirsty

## What Your Score Means

0–2 boxes: Low risk — stay hydrated and aware

3–5 boxes: Moderate risk — time to take action with diet + fluids

6+ boxes: High risk — consider urine testing and a prevention plan

## ✔ Your Food-First Action Plan

- Drink 3 L fluids/day (about 100 oz)
- Include citrus or lemon water 2–3x daily
- Eat 5–7 servings of vegetables/fruits per day
- Balance every meal with fiber, protein, and hydration
- Pair calcium with spinach, nuts, and chocolate
- Reduce processed foods, sauces, and salty snacks

## When to Get Tested

- If you've had a stone before
  - If you check 4 or more boxes
  - If you have diabetes, gout, or metabolic syndrome
- Ask your provider about a 24-hour urine test

## Why It Matters

"Up to 50% of first-time stone formers get another stone."

But most stones are preventable with simple changes to food, fluid, and rhythm.