



First Stone Checklist: What to Do Now

A week-by-week roadmap to stabilize your chemistry and prevent the next stone

WEEK 1: Recovery + Reset

- Drink $\geq 3L$ fluids/day (space across day)
- Strain urine using a disposable filter if passing stone
- Eat light: broth, greens, citrus, potatoes, soft proteins
- Avoid high-sodium meals, protein powders, excess caffeine
- Monitor urine color: pale yellow = ideal
- Save any stone passed for analysis (take to provider)

WEEK 2-4: Testing + Pattern Detection

- Request 24-hour urine testing (with or without stone result)
- Ask what kind of stone you had (CaOx, UA, CaP, cystine)
- Start lemon/lime water 1-2x/day with meals
- Add legumes, cooked greens, low-oxalate, low-sodium meals
- Begin observing meals: where is salt hiding? Are you buffering meals?
- Reduce sweetened drinks, sports drinks, soda, strong tea

WEEK 5-6: Build Your Routine

- Review your urine lab results with provider
- Begin pairing calcium with spinach, almonds, cacao, etc.
- Reduce added salt: use lemon, vinegar, herbs to flavor
- Add a buffered bedtime ritual: tea + fruit, greens + broth
- Eat a buffered plate (veg + protein + smart carb) at each meal
- Track water intake + urine color at least 3 days per week

KEY REMINDERS

- ✓ 50% of first-time stone formers will form another stone within 5 years
- ✓ The BEST time to prevent the next one is right after your first
- ✓ Urine testing is your map. Food and fluid are your tools.
- ✓ One buffered plate, one lemon water, one smart swap — these add up