



# I Had a Kidney Stone — Now What?

Your recovery + prevention roadmap to stop the next stone before it starts

## Step 1: Recover + Rehydrate

- Drink 3+ liters (100 oz) fluid/day for at least 2–3 weeks
- Track urine color — aim for pale yellow
- Avoid caffeine, soda, alcohol for a few days if passing a stone
- Eat light, avoid salty meals, focus on cooked veggies + broth

## Step 2: Learn from This Stone

- If possible, collect the stone for analysis (filter or strainer)
- Ask your provider: What type of stone was it?
- Did you have pain, blood in urine, or infection?
- These answers guide your prevention strategy

## Step 3: Get Tested

- Ask about a 24-hour urine test 4–6 weeks after the event
- This shows what's happening in your chemistry (before the next stone does!)
- Also get basic bloodwork: calcium, uric acid, kidney function

## Step 4: Begin Prevention Now

- Lemon water 2–3x/day
- Add fruits, cooked vegetables, and legumes daily
- Reduce salt (processed foods, dressings, snacks)
- Pair calcium with spinach, chocolate, and nuts
- Avoid long fasts or backloaded dinners

## Step 5: Weekly Pattern Fixes

- Are you hydrating in the morning?
- Are you eating buffered meals 3x/day?
- Are you skipping fluid after dinner?
- Fix one habit per week — small wins stop stones

## Diabetic or Metabolic Syndrome?

- Uric acid stones are more common with high blood sugar or insulin resistance
- Fix with fluid, alkaline meals, and citrus
- Ask your provider about your pH and uric acid levels

## Bottom Line

"One stone is a warning. The next one is optional."

You have the power to change your chemistry — one meal, one glass, one smart decision at a time.