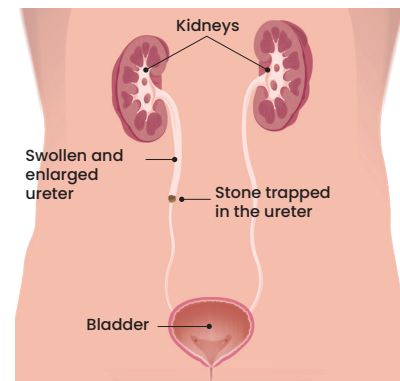


# Renal Colic (kidney stone)

Renal colic is the pain you feel when a kidney stone (calculus or lithiasis) disrupts the natural flow of urine through your urinary system.

Urine produced in the kidneys flows into the bladder through ducts called ureters. A kidney stone, as hard as a small rock, can form in the kidney, then move and block the ureter, causing obstruction and pain. It is common to have several painful attacks before the stone is passed during urination.

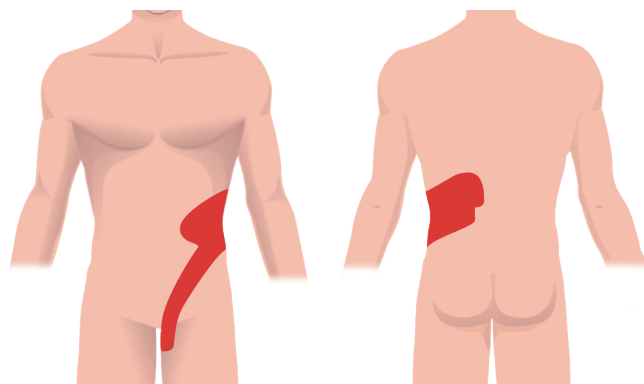
Most kidney stones are small. In the vast majority of cases, they are passed naturally in the weeks following their appearance without further medical intervention.



## What are the symptoms?

- Sudden pain in the middle and side of the back, particularly in the area of the last ribs, sometimes extending to the genitals.
- Little relief provided when changing position.
- Blood may sometimes be seen in the urine.
- Nausea and vomiting may also be present.

## Zones of Pain



## How can pain be relieved?

### If you have mild pain:

- Take **acetaminophen** (e.g., Tylenol) as needed.

### If your pain is more severe or not relieved by acetaminophen:

- Unless otherwise contraindicated, also take an **anti-inflammatory** such as naproxen (e.g., Naprosyn), ibuprofen (e.g., Advil, Motrin), or celecoxib (e.g., Celebrex).
- If necessary, add an **opioid analgesic** such as hydromorphone (e.g., Dilaudid) or morphine (e.g., Statex) at the prescribed dosage.
  - ▶ The main side effects of opioid analgesics are constipation and drowsiness.
  - ▶ Do not drive for 4 hours after taking an opioid analgesic.

### Other medication:

- A drug such as **tamsulosin** or **silodosin** may be prescribed to help dilate the ureter and eliminate the stone. Stop taking this medication once the stone has passed in your urine.



## What to do at home?

- **Drink** normally, i.e., **about 1.5 to 2 liters of liquid a day**, unless medically contraindicated.
- **Filter your urine** until the stone appears in your filter or until three days after the pain has disappeared. Use the filter you received at the emergency room or clinic, a coffee filter, or a fine mesh strainer. **If you collect a stone, keep it in a small, clean container** and take it to your doctor at follow-up.
- The absence of pain does not necessarily mean that your stone has been passed. You will have follow-up by a health-care professional until the stone has passed in your urine.

## What to watch for

You should go to the **emergency room if you have one or more of the following symptoms:**

- Your oral temperature (taken in the mouth) is 38.0°C or higher.
- The pain is not relieved by medication.
- You vomit repeatedly.

## For more information



Call **811, option 1**  
or contact your  
**pharmacist.**