

**ROCKFORD UROLOGICAL ASSOCIATES, LTD.  
351 EXECUTIVE PARKWAY  
ROCKFORD, IL 61107  
1-815-398-4057**

**TO OUR PATIENTS WHO FORM CALCIUM OXALATE STONES**

The recent analysis of your urinary tract stone shows calcium oxalate composition. This chemical combination is the most common of all urinary stones that are formed. Below are things that you can do to decrease your future risk of forming calcium oxalate stones.

1. The most important thing you can do is to increase your intake of fluids, in particular water, to urinate 2 liters of output per day. The most important thing you can do is increase your fluid intake, in particular, water. Ideally your TOTAL VOLUME of urine output should be about 2 liters PER DAY. In order to achieve this you will need to drink greater than 2 liters of fluid daily. Remember your primary source of fluid intake should be water.
2. Citrate is an extremely important inhibitor of stone formation. The easiest way to incorporate extra citrate in the diet is to add lemon juice to your water. This must be from actual lemons or concentrate, not from powdered mixes.
3. Do NOT add salt to your food. The American diet has high sodium content. Salt leads to increased calcium excretion into your urine which then forms kidney stones. Your goal is a diet of 3g or less sodium/salt daily.
4. Maintain moderate calcium intake. One would think that a stone made partially of calcium would require calcium restriction. We know that restriction of calcium actually increases your risk of forming new kidney stones, and may lead to osteoporosis/osteopenia which is thinning of your bones. Therefore, you should maintain a moderate intake of calcium. You should avoid EXTREMELY high amounts such as calcium enriched vitamins or higher than average intake of dairy products.
5. Use low to moderate amounts of animal protein (beef, chicken, pork, fish, etc.) in the diet. Animal protein leads to changes in the pH of your urine and increased excretion of stone forming particles.
6. You should also consider restricting oxalate in your diet. Avoid high amounts of oxalate rich foods such as nuts, potatoes, chocolate, tea, strawberries, or spinach. If your main supplement to increase urine output is iced tea, this is counterproductive since iced tea is rich in oxalate. Moderation is the key.

Rockford Urological Associates Physicians