

Management of Renal Colic

- Pain occurs when a stone blocks the urinary tract.
- Intense flank pain on the affected side between lower ribs and hip.
- can radiate to the back, groin or lower belly (abdomen).
- may have a dull pain that doesn't stop or sharp pain off and on.
- can come in waves (can last for 20 - 60 mins, can be longer in severe cases)
- Other associated symptoms
 - Dysuria, Hematuria, Crystals in urine
 - Cloudy urine, Stinky pee (a strong, foul, or fishy odor)
 - Change in urine output, Fever, Chills



- Consider UTI (check URE)
- Provide analgesics
- Ask for KUB XR if you suspect renal or urinary stone
- Drink more water and cut soda.
- Reduce the salt and limit animal protein
- Reduce the intake of high oxalate foods, like nuts and spinach.
- Don't restrict calcium in your diet.