

Emergency Department

Urinary Stones

Advice for your return home



You have a urinary stone. This document provides information on the treatment to follow after leaving the hospital.

What is a urinary stone?

A urinary stone is a condition caused by the formation of a stone (called a “calculus”) in the urinary tract. Depending on its size, it may obstruct the passageways that carry urine out of the body. This obstruction causes sudden and intense pain in the lower abdomen or back, known as “renal colic”.

What is your treatment?

The main treatment focuses on relieving pain. It is important to take your medication regularly. Do not wait until the pain becomes too severe.

In some cases, a medication called tamsulosin is prescribed to help pass the stone more easily. Take this medication at bedtime. It may cause dizziness and low blood pressure.

Recommendations to follow

- ▲ Drink normally
- ▲ Take your medication regularly

What happens next?

The stone will pass naturally. Be patient, as this process may take up to 30 days. The pain will gradually decrease.

☐ Stone recovery (to be completed by the practitioner)

Try to collect the stone by filtering your urine up to 48 hours after your pain disappears. You can do this by urinating through a filter, available at pharmacies.

If you manage to recover the stone, store it in the small container you received at the emergency room and bring it to your next consultation with the urologist. If necessary, the stone can be analyzed. If you cannot retrieve it, do not worry—it is common for the stone to pass unnoticed.

It is important to schedule a follow-up appointment:

To be completed by the practitioner:

- ☐ With your **general practitioner** within 7 to 10 days (Make an appointment).
- ☐ With your **urologist** within 7 to 10 days (Make an appointment).
- ☐ **At the CHUV urology consultation** (The department secretary will contact you by SMS or phone. If you do not receive any news within five working days, call 021 314 30 15).

Warning signs

Go to the nearest emergency room if you experience any of the following symptoms:

- ▲ Body temperature above 38.5°C
- ▲ Severe pain despite taking the prescribed treatment
- ▲ Inability to urinate
- ▲ Presence of blood in the urine after 24 hours
- ▲ Presence of coagulated blood (clots) in the urine



For any other questions, please contact your general practitioner or the pharmacist who provided your treatment.



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