



# High Fluid Volumes To Prevent Kidney Stones

A high fluid volume will result in high urine output which will decrease your kidney's ability to form kidney stones.

## How Much Fluid

You should be drinking more than you think is enough. Two to four quarts a day is our recommendation for normal activity. A gallon of fluid should be consumed if in an exercise program or during extreme summer heat.

## What Type of Fluid

Water is the best fluid. You should try to drink as much as possible. Other allowed fluids are 1-2 cups of coffee a day, colorless diet sodas (ginger ale, 7-up, Sprite, etc.), fruit juices (apple, orange, grapefruit, pineapple), flavored seltzer, powdered package liquids (no sugar added).

## What to Avoid

Hot or iced tea, colas (limit to 8-12 ounces per day).

## Am I Drinking Enough

Your urine should be as clear as water. For the first few months you may want to check your progress by

measuring your urine for a 24-hour interval. Your volume should be over two quarts.

## Other Recommendations

Most stones are believed to form at night. It is important for you to drink 1-2 10-ounce glasses of fluid before you go to bed. It is important that you wake to urinate, then drink 1-2 more glasses of fluid.

## How Long Will I Need To Do This

For the rest of your life to prevent formation of kidney stones.

## Helpful Hints

1. Never pass a water fountain without taking a drink.
2. Purchase a 2-quart thermos bottle, fill with fluid daily:
  - a. At work – do not leave until finished.
  - b. On the go – do not go home until finished.
  - c. At home – finish daily.
3. Place a 12-ounce glass in your bathroom. In the morning and evening, drink 12 ounces of water.