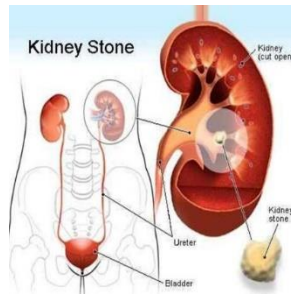


Kidney Stone Prevention Instructions



Follow this to prevent kidney stones from forming:

- 1) If you do not have heart problems, then drink a lot of water. **You have to drink enough water to be able to urinate 2-3 Liters every day.** This means filling up a 2 Liter Soda bottle full of urine. The color of your urine should be light, (like light lemonade), if it is too dark, then you are dehydrated. Avoid sodas and diuretic drinks such as coffee or tea as these drinks will dehydrate you.
- 2) **Decrease the amount of salt that you eat.** The most you should eat is 2-3 grams per day. Eating too much salt will cause kidney stones to form. Remember, canned / frozen food may be exceedingly high in salt so look at the labels of what you eat.
- 3) **Decrease foods that are high in oxalate** as this will cause stones to form. Oxalate containing foods are spinach, chard, rhubarb, berries, beets, nuts, chocolate, and black tea. Probiotics (yogurt or tablets), and calcium can decrease your oxalate in diet.
- 4) **Decrease the amount of red meat** you eat as this can make your blood/ urine acidic and make it an environment where stones will form easily.
- 5) **Do NOT exceed more than 2 grams of Vitamin C or D in a day.** Remember, the food you eat already has vitamins, so do not exceed extra over the counter vitamin C or D.
- 6) **Drink everyday foods with citrus (lemons, oranges).** You need 3-4 ounces per day to prevent kidney stones. This is the only proven natural thing to PREVENT stones.
- 7) **Eat fruit and vegetables.** This will help prevent kidney stones.

Diana Londoño, MD

412 West Carroll Ave. Suite 200
Glendora, CA 91741 (626) 218 0921