

Daily High Water Intake To Help Prevent Kidney Stones

Water and Kidney Stones

As someone who has had a kidney stone, you are at risk for developing new stones. Drinking a lot of water every day will help prevent more stones from forming in your urinary tract.

The water moves mineral salts (often calcium) through your kidneys and prevents the salts from clumping together to form another stone.

If not treated, kidney stones can cause kidney failure, which is a life-threatening condition. A stone can also cause a lot of pain.

Often the stone moves down the ureter, a small tube that connects the kidney to the bladder. This movement can trigger severe pain in the mid to lower back region.

How Much Water You Should Drink Every Day

You should drink enough water in a 24-hour period to produce at least 2 quarts of urine a day. On hot days, you may have to drink more than 1 gallon of water if you sweat a lot. Clear urine is a sign that you are drinking enough water.

It is important to know that you need to drink water every day and not just liquids. Milk, tea, coffee, juices or artificial drinks do not prevent kidney stones — only clear water does.

It is also important to know that you will need to follow this routine for the rest of your life.

Water Retention

- Most people will not retain water by drinking large volumes of it each day.
- Some people do retain water, but not because of heart disease or kidney failure. Drinking a lot of water will not harm them.

Tips For Getting Enough Water

- To form a habit of drinking a large volume of water at one time, drink until you are full, then have another glass.
- Always have water handy and carry some with you at all times.
- Always take a drink when passing by a water fountain.
- Drink a few glasses of water before going to bed at night. When you awake to urinate, drink some more water. Most stones start forming at night. This may happen because urine output is slowed down, allowing crystals to start clumping together.