



Kidney Stones

What are kidney stones?

Kidney stones are solid pieces that form in pee (urine). They can also be called urinary stones.

The stones can be in any part of the urinary tract. The most common places to find stones are in the kidneys, which filter the urine, or in the ureters, which drain the urine from the kidneys to the bladder.

There are different kinds of stones. There is a test that you can do at home to find out which type of stones your child has. The test involves collecting your child's urine for 24 hours.

How do I know my child has kidney stones?

Your child may have one or more of the following symptoms:

- Pain in their upper back or side
- Vomiting due to the pain
- Pain with peeing (urinating)
- Blood in the urine
- Infection in the urine

Your doctor can order X-rays, ultrasounds or a CT scan to help diagnose kidney stones.

How did my child get kidney stones?

There may be too much of a certain substance in your child's urine. The substance can form crystals, which become solid and make stones. Children with stones often have a parent or relative who also has had stones.

What is the treatment for kidney stones?

Some people will pass or pee out small stones on their own. Your child's doctor may give you a special strainer for your child to pee through. The strainer will catch the stone so it can be examined in the lab. A doctor called a urologist may do surgery to remove the stone. There are different types of surgery to remove urinary stones:

- Lithotripsy (shock wave or laser) uses focused energy waves to break up the stone into smaller pieces, which will then be peed out.
- Cystoscopy uses a small, special telescope, which can break up the stone or grab and remove it.
- Percutaneous removal is when the urologist makes a small cut at the stone site and pulls the stone out.

To Learn More

- Urology
206-987-2509
- Ask your child's nurse or doctor
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY).

Sometimes, a small tube called a stent is left in the ureter to help it drain urine after surgery. This stent is usually removed in the operating room after six weeks.

How can my child prevent stones from happening again?

Drinking lots of water is the best way to prevent stones. Depending on the type of stone your child has, the doctor may prescribe medicine or suggest changes to what your child eats or drinks to help prevent stones. You and your child may meet with a kidney doctor (nephrologist) and/or a dietician to discuss managing and preventing stones.