

# Bladder Stones

## What Are Bladder Stones?

Bladder stones are hard mineral deposits that form in your bladder, often caused by concentrated urine, infection, or difficulty emptying your bladder completely.

## Symptoms of Bladder Stones

- Pain in the lower abdomen
- Frequent or painful urination
- Blood in the urine (hematuria)
- Difficulty urinating or starting a stream
- Cloudy or dark-colored urine
- A feeling that your bladder is not empty after urination

## Treatment Options

Your treatment plan will depend on the size and cause of the stones:

1. **Medications:** Small stones may pass naturally with increased water intake or medications to alleviate discomfort.
2. **Bladder Irrigation:** A procedure to flush out smaller stones.
3. **Cystolitholapaxy:** A minimally invasive procedure where a small instrument breaks up the stones for removal.
4. **Surgery:** For larger or multiple stones, a surgical procedure may be required to remove them.

## After Treatment: Tips for Recovery

- **Hydration:** Drink plenty of water to flush the bladder and prevent new stones. Aim for 8–10 glasses daily unless otherwise directed by your healthcare provider.
- **Dietary Changes:**
  - Reduce intake of foods high in oxalates, like spinach, rhubarb, and nuts.
  - Avoid excessive salt and animal protein.
  - Increase fruits and vegetables for better urinary health.
- **Medications:** Take prescribed antibiotics or pain relievers as directed to manage infection or discomfort.
- **Activity:** Resume normal activities gradually. Avoid heavy lifting or straining for a few weeks if you underwent surgery.

\*The information provided on the site is for educational purposes only, and does not substitute for professional medical advice. Consult a medical professional or healthcare provider if you are seeking medical advice, diagnoses, or treatment.

## **Preventing Bladder Stones**

- Drink plenty of fluids daily.
- Manage underlying conditions like urinary retention or infections promptly.
- Follow dietary recommendations specific to your stone type (calcium, uric acid, etc.).
- Regular follow-ups with your urologist to monitor urinary health.

## **When to Contact Your Doctor**

Call your healthcare provider immediately if you experience:

- Persistent or worsening pain
- Fever or chills
- Inability to urinate
- Severe blood in the urine

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