

## RENAL COLIC

Renal colic is pain in right or left lower abdomen or low back pain due to disease in the kidney, ureter or bladder.

### CAUSES

- 1) Renal stones are main reason for renal colic.
- 2) Disease of kidney - hydronephrosis, polycystic kidney, tuberculosis.
- 3) Blood clot in kidney or bladder.
- 4) Inflammation of ureter.
- 5) Inflammation of bladder.
- 6) Foreign body in bladder.
- 7) Infection of kidney, ureter or bladder.
- 8) Cancer.
- 9) Other disease that give similar pains that of renal colic:
  - a. Inflammation of pancreas.
  - b. Inflammation of gall bladder.
  - c. Appendicitis (right side pain).

### DIETARY MANAGEMENT

- 1) Drink enough water and other fluids to produce at least 2 liters of urine a day.
- 2) Foods that have been shown to increase the amount of oxalate in urine include
- 3) -spinach
- 4) -rhubarb
- 5) -nuts
- 6) -wheat bran
- 7) People who form uric acid stones should limit their meat consumption to 6 ounces each day.
- 8) Avoid drugs like antacids which contain calcium.
- 9) Avoid high sodium diet - Restrict Sodium intake to 500-1,000 mg per day.
- 10) People who form calcium oxalate stones should include 800 mg of calcium in their diet every day, not only for kidney stone prevention but also to maintain bone density.
- 11) Consume vitamin C and zinc improves immunity.
- 12) Consume lots of Vitamin A: all yellow fruits and vegetables contain Vitamin A. Meat, fish, kidney and liver, liver oils of fish like cod, shark, and halibut are richest source of vitamin A.
- 13) Avoid alcohol, chocolate, tea, tomatoes, vinegaretc as they may irritate the urinary tract.

### CONSULT YOUR PHYSICIAN

- 1) Do not self medicate, consult your physician.
- 2) Do not take any vitamin supplements without consulting your physician.
- 3) See your physician immediately if you have pus or blood in urine.
- 4) If you have frequent attacks of renal colic consult your physician.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE. THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**

