

# Kidney stone prevention



Children who develop a kidney stone have a significant chance of developing stones in the future. Studies have estimated the chances to be between 30 and 65 percent. However, a number of steps can decrease the chances of developing another stone.

## Drink more fluids

Drinking more fluids can help to decrease the risk of forming all types of kidney stones. The goal is to increase the amount of urine that flows through the kidneys and ureters and to lower the concentration of substances that promote stone formation.

To gauge how much more fluid the child should be drinking, your doctor or nurse might recommend measuring how much urine the child passes over the course of 24 hours. The child should drink more if he or she makes less than the following amount of urine per 24 hours:

- Infants – 750 mL or more (25 ounces or three cups)
- Children younger than five years of age 1000 mL or more (33 ounces or four cups)
- Children between 5 and 10 years of age 1500 mL or more (50 ounces or six cups)
- Children greater than 10 years of age 2000 mL or more (66 ounces or eight cups)

## Eat less salt (sodium)

Eating more sodium in the diet increases the calcium in the urine. Therefore, the lower the sodium, the lower the calcium. Your child should have between 500 and 2,000 mg sodium each day. To stay on target, your child should eat:

- Less than 500 mg sodium per meal
- Less than 150-200 mg sodium per snack

## Get the right amount of calcium from food and drinks

Consuming too much calcium in foods and drinks is not recommended. However, the child should not stop eating foods and drinks with calcium because calcium is important in building strong bones. The “right” amount of calcium depends on the child’s age:

- Children between 1 and 3 years– 500 mg/day
- Children between 4 and 8 years 800 mg/day
- Children nine years and older 1300 mg/day

## Follow the following tips:

- Avoid calcium and vitamin D supplements.
- Eat potassium-rich foods (fresh fruits and vegetables).
- If urine calcium levels are still high after three to six months of these changes, a medicine might be recommended.



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