

WORST PAIN EVER | SURVIVOR'S GUIDE | WORST PAIN EVER | SURVIVOR'S GUIDE



**WORST  
PAIN  
EVER**

**For Kidney Stone Warriors**

# **Preface**

Inspired by our community of *Kidney Stone Warriors*, this *Survivor's Guide* is a curation of facts and tips for managing kidney stones.

Proudly brought to you by *Worst Pain Ever*, the world's largest kidney stone patient community and powered by Dornier MedTech, a company that engineers urological solutions.

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# WORST PAIN EVER AVOIDANCE DIET

*In collaboration with Dr. Nishant D. Patel, MD*

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## DAILY CONSUMPTION GOALS

BASED ON EATING 2,000 CALORIES A DAY

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**WHOLE GRAIN • • • • • 6-8 SERVINGS**

1 Serving = 1 slice of bread or 2 oz. of cooked pasta.



**VEGETABLES • • • • • 4-5 SERVINGS**

1 Serving = 8 - 16 oz. of green or orange vegetables.



**FRUIT • • • • • 4-5 SERVINGS**

1 Serving = 1 cup of 100% fruit juice or ½ cup of cut fruit.



**FAT-FREE/LOW FAT DAIRY • • 2-3 SERVINGS**

1 Serving = 1 cup of milk or yoghurt, or 2 oz. of cheese.



**MEAT, POULTRY, FISH • • • 1-2 SERVINGS**

1 Serving = 2.3 oz. of red meat or 2.8 oz. of lean poultry.



**FAT AND OIL • • • • • 2-3 SERVINGS**

1 Serving = 1 teaspoon of oil, butter, margarine or mayo.




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## WEEKLY CONSUMPTION GOALS



**SWEETS • • • • • 4-5 SERVINGS**

1 Serving = 1 to 2 teaspoons of sugar.



**NUTS • • • • • 1-2 SERVINGS**

1 Serving = 1 handful of nuts.


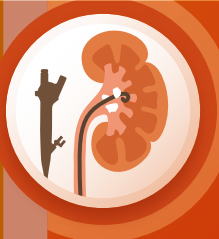
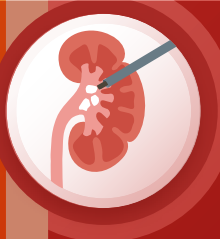





Adapted from the DASH diet, this diet does not require special food items, focusing instead on daily and weekly nutritional goals! Recommended by Nishant D Patel, MD, reduce animal protein and nut intake with this diet for improved kidney health!

Please consult your doctor for your dietary needs.

Unsure which treatment is the best for you? We've summarized three treatment options so you don't have to! Please consult your doctor for treatment options available to you.

## Kidney Stone Treatments

|  |  <p><b>ESWL</b><br/><i>Extracorporeal Shock Wave Lithotripsy</i></p> |  <p><b>URS</b><br/><i>Ureteroscopy</i></p> |  <p><b>PCNL</b><br/><i>Percutaneous Nephrolithotomy</i></p> |
|--|---|---|--|
| <b>WHAT IS IT</b>     | <b>Shockwaves</b> are administered from outside the body to break up the stone.   | A <b>scope and fibre</b> is inserted into the ureter to break up stones with a laser.                                       | A <b>cut</b> is made on the lower back to access the kidney and remove the stone.  |
| <b>BEST FOR</b>       | Non-infectious stones ( <b>&lt;15 mm</b> )  | Non-infectious stones ( <b>&lt;20 mm</b> )  | Infectious & non-infectious stones ( <b>&gt;20 mm</b> )  |
| <b>STENT</b>   | Unlikely  | Likely  | Likely   |
| <b>PROS AND CONS</b>  | <ul style="list-style-type: none"> <li>• Non-invasive</li> <li>• May require repeat procedures</li> </ul>   | <ul style="list-style-type: none"> <li>• Minimally invasive</li> <li>• Stent discomfort</li> </ul>                          | <ul style="list-style-type: none"> <li>• Invasive</li> <li>• Stent and possible nephrostomy tube discomfort</li> </ul>                         |
| <b>HOSPITAL STAY</b>   | None  | 1 - 2 days  | 1 - 2 days   |
| <b>BACK TO WORK IN</b>   | 1 - 2 days  | 5 - 7 days  | 7 - 14 days  |

# Extracorporeal Shock Wave Lithotripsy (ESWL)

ESWL (aka Shockwave Lithotripsy), uses shock waves from outside your body to break a kidney stone into small pieces so that it can easily travel through the urinary tract and pass from the body. It is effective in treating non-infectious stones that are 15 mm or smaller. According to the National Kidney Foundation, this is the most common treatment for kidney stones in the U.S.

Benefits of ESWL include:

1. Non-invasive, no surgery required
2. Least likely treatment to require stents
3. No hospital stay required
4. Patient can resume work in 1-2 days

Do note that ESWL may require repeat procedures and is not suitable for patients who are pregnant, have a bleeding disorder (e.g. a condition that results when the blood cannot clot properly, not to be confused with bleeding due to kidney stones), kidney infection, urinary tract infection, kidney cancer or other kidney complications.



**SIMPLY PUT:**  
**ESWL**

Due to the non-invasiveness of this procedure, complications are rare (less than 5%). Consult your urologist to see if ESWL is the right treatment for you.

Sources:

<https://bit.ly/3hVanUN>

<https://bit.ly/3kwtGFE>

# Ureteroscopy (URS)

URS (aka Ureteroscopy) is a procedure in which a small and flexible scope is inserted into the urinary tract (urethra, bladder, ureter, kidney) to locate stones, remove them with a wire basket or break them up with a laser (or a combination of both).

It is effective in treating non-infectious stones that are 20 mm or smaller.

Benefits of Ureteroscopy include:

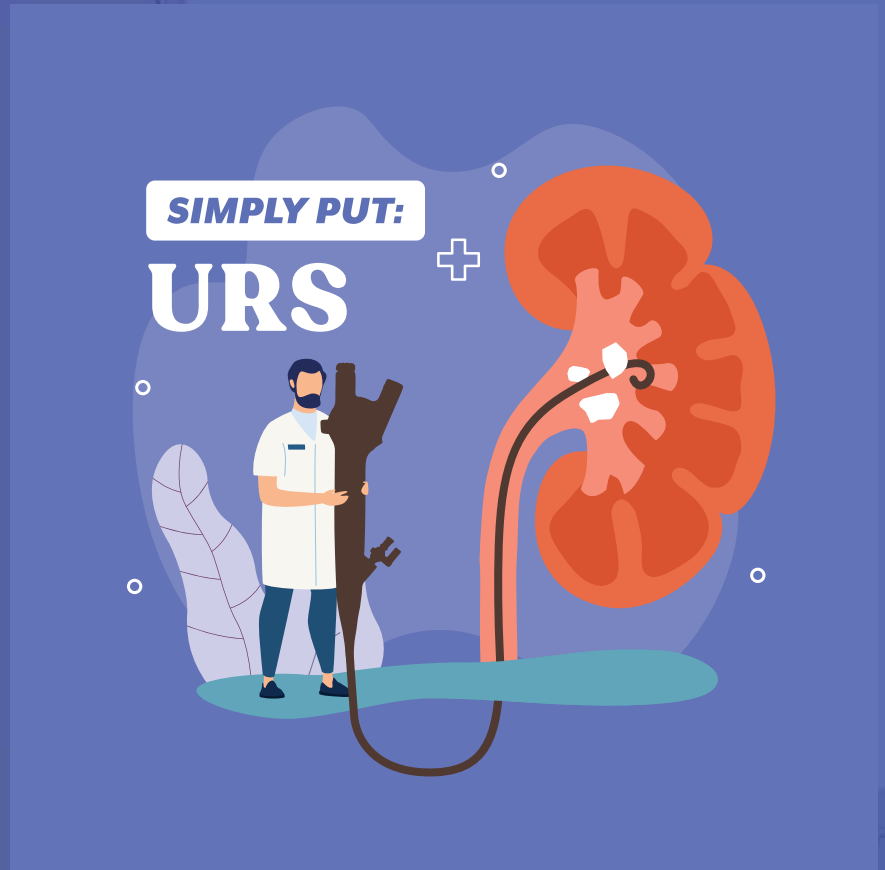
1. High success rate
2. Minimally invasive
3. Short hospital stay (1-2 days usually)

After a Ureteroscopy, stents are usually recommended to patients. There is also a small chance of infection, bleeding, or injury to the ureter. Lastly, Ureteroscopy is not suitable for patients with a history of urinary tract reconstruction.

Sources:

<https://bit.ly/3Cu6TQK>

<https://bit.ly/3CAkbLD>



# Percutaneous Nephrolithotomy (PCNL)

PCNL (aka Percutaneous Nephrolithotomy) is a minimally invasive procedure to remove stones from the kidney by making a small keyhole incision (up to about 1 cm) through the skin.

It is effective in treating both infectious and non-infectious stones that are 20 mm or larger.

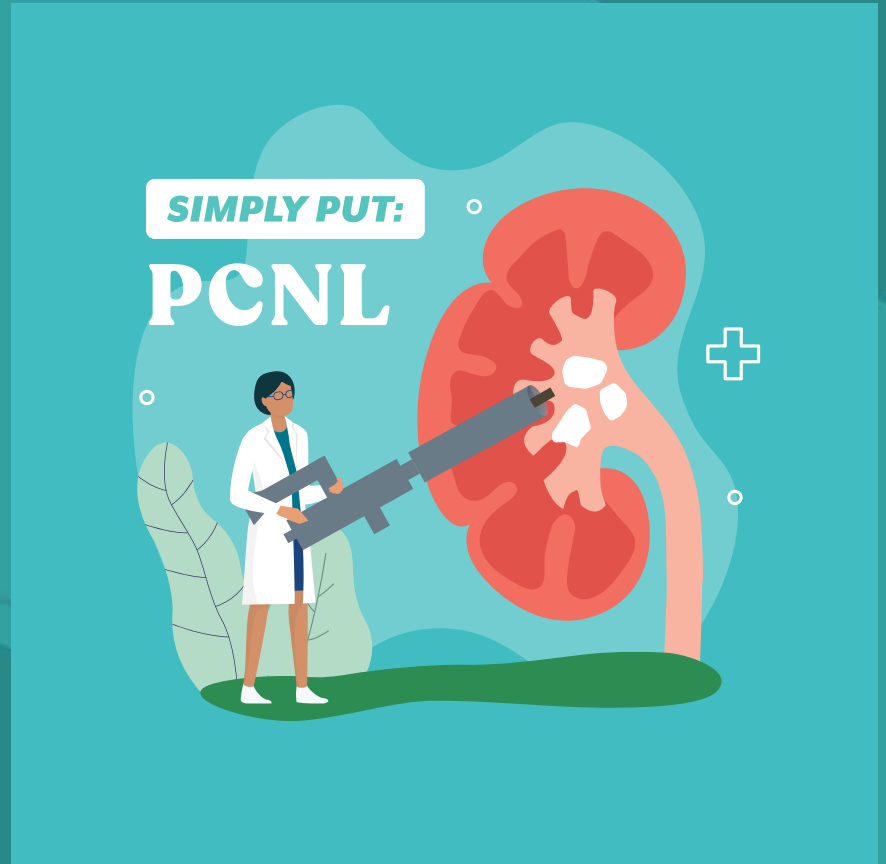
The main benefit of PCNL is its higher success rate for clearing all stones in one sitting than other treatments like URS or ESWL.

Do note that after PCNL, patients are likely to require stents and may need a nephrostomy tube draining the kidney to an external drainage bag. Also, patients generally have to be hospitalized for 2-5 days post-op and can only return to work after 7-14 days. Lastly, there is a small chance of infection, bleeding, or injury to the ureter.

Sources:

<https://bit.ly/39G8jvY>

<https://bit.ly/3pSEu0I>



# Apple Cider Vinegar



While apple cider vinegar has certain health benefits, there is no scientific evidence that it can dissolve kidney stones. Technically, uric acid stones are the only type of kidney stones that can be dissolved with certain medication, but this must be done under medical supervision.

No matter the type of stone you have, if it's small enough to pass on its own, drinking lots of water is the most widely recommended way to flush it out.

Source: <https://bit.ly/3o134yG>

# Cranberry Juice



Cranberry juice has been shown to prevent urinary tract infections, but can it also help to prevent kidney stones? There are conflicting studies. In a 2003 study researchers found that cranberry juice decreased risk factors for calcium oxalate stone formation.

However, in a separate 2005 study involving a group of calcium oxalate stone formers and another group without kidney stones, the researchers found that in both groups, cranberry juice actually increased the risk factors for calcium oxalate and uric acid stone formation - the opposite conclusion of the previous study. With these conflicting findings, chug water instead - it's cheaper!

Sources:

<https://bit.ly/35oYlqX>

<https://bit.ly/3q9nsLH>



# Juices



Juices are your main squeeze if you have calcium oxalate or uric acid stones as most fruits and vegetables alkalize your urine.

Just make sure to avoid high-oxalate produce like spinach, beets and rhubarb if you form calcium oxalate stones!

Source: <https://bit.ly/385cM9Z>

# Olive Oil



Contrary to what some patients believe, olive oil does not help you pass stones.

Go with the flow and just drink water, please!

Source: <https://bit.ly/2ZfTDkw>

# End

Your support means the world to us.

Feeling alone with the *Worst Pain Ever*?  
You don't have to! Join our *Kidney Stone Warriors*  
Facebook group and reach out to others who get it.

Want to get in touch with us related to partnerships  
or feedback on how to improve this *Survivor's Guide*?  
Write to us at [info@worstpainever.com](mailto:info@worstpainever.com).

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