

How to stay hydrated when you have kidney stones ?

WHY HYDRATE ?

“Thirst is a natural signal, but to reduce the risk of crystals forming and sticking together, it’s important to keep your urine well diluted.”

- 1) Kidney stones form when urine is too **concentrated**.
- 2) Drinking helps **dilute substances** that can lead to kidney stones.
- 3) The goal is to **reduce urinary crystal saturation** : without decreasing their quantity, adequate hydration will prevent them from aggregating.

Spread fluid intake throughout 24 hours : consuming large volumes at one time is less effective than regular, consistent drinking during the day.

✓ **GOAL : Clear urine throughout the day (24h)**

How ?

1. Visual cue : keep a water bottle with you (on your desk in your bag)
 2. Auditory cue : set reminders on your phone, smart water bottle
 3. Routine : build a habit
- Timing-based : plan drinks at specific times of the day (snack time, evening, etc.)
 - Action-based : I go to the bathroom = I drink
I brush my teeth = I drink
I eat = I drink

Practical tips :

- **Aim to maintain clear urine throughout the day by spacing out your fluid intake evenly**
- **Increase fluid consumption during periods of high temperatures or physical activity**
- **Your target urine volume will depend on your individual condition and biological test results**