

What if I don't know the type of my kidney stone?

Having a kidney stone available for analysis is not always easy.

Key points to know:

- 1- **Any stone can be analysed, even years later**. Kidney stones are small and their composition remains stable as long as they are kept dry.
- 2- **The colour of the stone can be informative** when known. Don't hesitate to take photos of your stones!
- 3- **Crystalluria** can be helpful. This involves looking at a urine sample under a microscope for crystals, ideally in a morning sample when urine is more concentrated. This test is not available everywhere and requires analysis within two hours of urination.
- 4- Characteristics on a CT scan without contrast can suggest whether stones are calcium-based or not. However, this is not always precise, especially if the stones are small.

If your doctor is unsure about the type of stone you have (which is often the case), laboratory tests can help to formulate hypotheses based on your stone history.

Note that some dietary recommendations apply regardless of stone type: maintaining good hydration, having normal calcium intake, and following a balanced diet.