

How to retrieve a kidney stone?

Getting hold of a kidney stone can sometimes give a clear idea of the cause of your lithiasis condition! **Any stone can be analysed, even years after it was passed.** These are small stones, and their composition remains stable as long as they are kept dry.

If you haven't be able to collect any stones, **their colour may still provide useful information.**

Filtering your urine can be difficult, so it is often easier to urinate into a **large cup** (such as festival-style cup) and check if a small stone falls to the bottom. This makes it much easier to collect, dry, and give to your doctor.

If you are unsure wether what you have collected is a stone, don't worry – analysis will also help answer this question (sometimes it is just secretions or a small blood clot).

