

# Kidney Stones

Bladder or kidney stones can cause serious problems. Stones that form in the bladder can block the flow of urine.

Stones in the kidneys can interfere with the filtering of blood and with drainage of urine to the bladder.

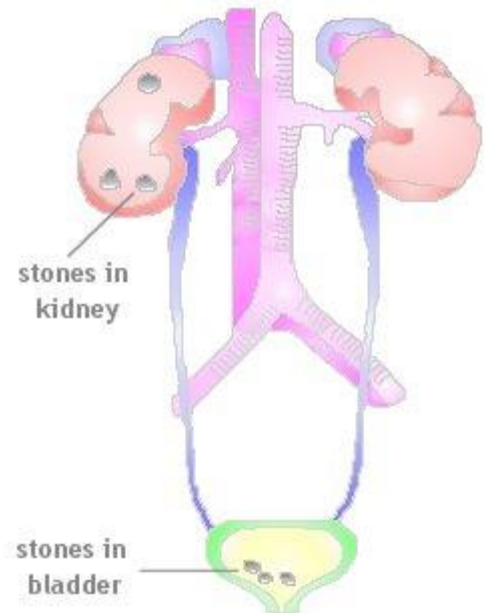
This can be a very painful experience for persons who have sensation.

## What are some of the causes of stones?

- Not doing the toileting program (or ICs) on time or correctly
- Urine staying in the bladder too long
- Multiple urinary tract infections
- Not enough exercise
- Backup of urine into the kidneys
- Not drinking enough water
- High calcium levels in the body

## How do you know if stones are present?

- Pain in lower back or abdomen (if some sensation is present)
- Multiple urinary tract infections
- Increased sweating
- Blood in the urine
- Increased spasms
- Presence of stones passing in the urine



If you suspect you or your loved one may have a kidney stone, please consult with your healthcare provider on what you should do.