



Saskatchewan  
**Health Authority**

# Kidney Stone Prevention Clinic

**Kidney Health Centre**  
235 Albert Street North  
Regina, Saskatchewan, S4R 3C2  
Phone: (306) 766-6480

Office hours: Monday to Friday from 8:00 a.m. to 4:30 p.m., not including statutory holidays

Please leave a message with your name and phone number.  
Your call will be returned during office hours.



**CS-PIER-0064**  
Area: Provincial  
January 2024



[saskhealthauthority.ca](https://saskhealthauthority.ca)

**Call your healthcare provider or go to your nearest Emergency Department if you have any of the following:**

- Extreme pain that begins in the lower back and may move to the side or groin
- Unable to void or produce urine
- Constant nausea and vomiting
- Other symptoms of a urinary tract infection with a kidney stone, including burning during urination, cloudy, or foul-smelling urine
- Fever with any of the above symptoms

**Call your family healthcare provider (family doctor, nurse practitioner) or 811:**

- Any non-urgent Kidney Stone concerns

**For 24 hour professional health advice and information, call:**



## Welcome to the Kidney Stone Prevention Clinic

We are here to help you optimize your health by reducing and/or managing your kidney stones.

Our program offers:

- Information about kidney stones and how to manage them.
- Treatment plans to prevent kidney stone formation.

## Kidney Stone Prevention Clinic Team Members

### Client (You)

- You are the most important team member.
- You work with the team to develop your plan of care.
- Your role is to give correct health information to the team and stay informed about your condition.
- **It is your responsibility to take part in and follow your plan of care by having blood work and urine testing done when needed and to let our team know when it has been done.**
- Bring a family member or close friends with you to any of your appointments if you want to.

## Kidney Stone Prevention Clinic Team Members

### Nephrologist (Kidney Specialist)

- Assesses and offers medical management to decrease and prevent kidney stones.

### Dietitian

- Offers ongoing nutrition assessment.
- Offers nutrition education and guidance for kidney stone prevention.

### Registered Nurse

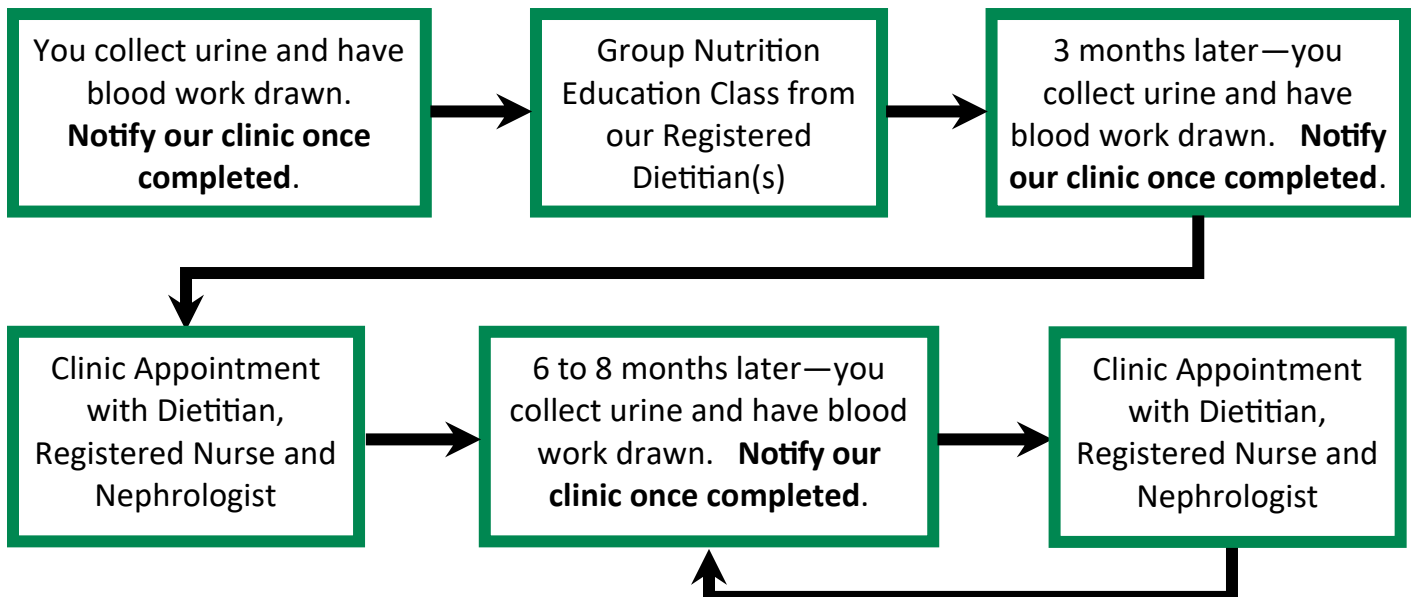
- Offers ongoing nursing care and assessment.

### Office Administration

- Schedules your appointments after you let them know you have completed the blood and urine testing.

See your primary care provider (doctor, nurse practitioner, other specialized doctors) for concerns not related specifically to your kidney stones. Your primary care provider will have access to all test results completed for this clinic.

## Steps Through our Program



## What to Expect

### STEP 1—Group Nutrition Education Class

- After you complete your lab work and call the clinic, you are scheduled into the Group Nutrition Education Class.
- Our Registered Dietitians lead this class, which lasts about 1.5 hours.
- You can attend a class in person at the Kidney Health Centre **OR** a virtual class (online)
  - If you attend virtually, you will receive an email link to join the class through Saskatchewan Virtual Visit. You can join the virtual class up to 10 minutes before the scheduled start time using any device that has internet or cellular data, a camera, microphone, and a speaker.
- The class gives you general information about formation, types, causes, and prevention of kidney stones.
- You learn about how your lab values relate to kidney stones.

### STEP 2—Clinic Appointments

- Approximately 3 months after your Group Nutrition Education Class, you complete the urine collection and blood work, then notify our clinic.
- After you notify our clinic, you are scheduled into the next available clinic appointment.
- Appointment time varies from 1 to 2 hours, depending on your needs.
- A nephrologist (kidney specialist), dietitian and registered nurse sees you with each visit.
- Your blood work and urine results are reviewed with you.
- Your medications are reviewed.
- Future clinic appointments are every 6 to 8 months, depending on your needs, and require urine collection and blood work before attending each appointment.

## What You Need to Do

### Blood and Urine Tests

The required blood and urine tests are used to direct your care. These tests are more complex than what you may expect or are used to. **Use your Kidney Stone Prevention Clinic requisition(s) when you have blood and urine testing done.** This ensures that your healthcare provider(s), kidney specialist, and our clinic receive copies of your results.

- Your blood and urine tests must be done before you can be scheduled for your next appointment.
- The blood and urine tests we need take a long time to get results back (3 weeks) so plan to complete your tests at least 1 month before an appointment.
- Some of the urine testing takes 24 hours of constant collection, and needs to be refrigerated/chilled.
  - Plan to stay close to home for the 24 hours to allow for collection and storage
  - When you drop off your urine containers, you need to have blood work and further urine samples taken.
  - Pre-book an appointment at your preferred lab for urine specimen drop off and to have further blood and urine samples collected. Many labs will not accommodate drop-ins.
  - It may take longer for the lab to enter in all of the tests into their system so plan to be at the lab for longer than usual.

### Bring Your Medication List to the Clinic at Each Appointment

- Bring an updated list of your current medications, including prescription, non-prescription (“over the counter”), herbal, and traditional medicines. This can include a printed list that you can obtain from your pharmacy.
- The nephrologist, dietitian and registered nurse will review your medications and will make the necessary changes as needed.







**CS-PIER-0064**

***Healthy People, Healthy Saskatchewan***

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

**PIER—Patient Information and Education Resource**

**APRIL 2024**