



Information for patients, relatives and carers

Renal Colic

You have been diagnosed with renal colic. This is due to a small stone forming in the kidney and then passing down the ureter (narrow tube connecting the kidney to the bladder).

As the stone passes along this tube, the tube contracts to push it out, and this can cause severe pain.

Since the pain has now settled, in most cases it does not return, so we feel it is safe to send you home.

However, a few patients have more than one stone, and some stones can get lodged which can cause the pain to re-occur. If the pain returns, please return to your nearest Emergency Department for further assessment.

To reduce the chances of this happening we suggest that you drink plenty of water to increase urine flow and use simple painkillers for any residual aches.

If you get severe pain, please return to you nearest Emergency Department for further assessment.

We have done/or plan to do a CT scan to check the stone has cleared and that there is no sign of anything that needs intervention. We have also sent your details to the Urology department. They will review your scan results and if they feel they can offer anything to help you, they will send you an appointment. If you need further advice, please contact your GP.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online:
<https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-nhs-111/)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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