

Fluid & Dietary Recommendations to Prevent Future Stones

- 1) Get a 2 liter bottle. Fill it with water each night and add 2 ounces of reconstituted lemon juice. Leave it in the refrigerator overnight. Drink all of the water during the course of the following day. Refill the bottle each evening and repeat each day. The lemon juice will increase the citrate in your diet. Citrate helps prevent stone formation as does adequate fluid intake.
- 2) Restrict you dietary sodium. Excess salt draws calcium into the urine and promotes stone formation.
- 3) Limit protein intake. While “the books” say this restriction should be severe (2 ounces of protein per day), this is far below the amount of protein most Americans consume in their regular diet. A more practical approach is to avoid excess protein intake.
- 4) Avoid foods high in oxylate. Greens and spinach are most notorious. You can look on the Internet for a list of foods that are high in oxylate content. Avoid these foods. Oxylate binds with calcium and promotes stone formation.