

# DIETITIAN CONSULTATION

*For the prevention of kidney stones*

## LYN LLOYD

BHSc, NZRD

Specialist in nutrition for kidney stones and kidney disease with over 20 years experience

## APPOINTMENT

### CLINIC

 Mercy Specialist Centre  
100 Mountain Road  
Epsom  
Auckland 1023

 (09) 630 1838

### TELEHEALTH

 (021) 0496446

 dietitians@xtra.co.nz

 Zoom appointments available

*"I look forward to meeting with you to help you make a plan to manage your kidney stones"*

## ABOUT

- A nutrition assessment and management plan can help you prevent kidney stones forming or existing stones growing.
- Diet can be the key contributor to kidney stone formation.
- You may have found information about what you should eat and drink confusing and this is not surprising as there is a lot of conflicting and unhelpful information on how to avoid kidney stones.
- There is no "single diet plan for all" and many popular diets may increase your risk of developing stones.

## BENEFITS

It can be difficult to change the way you eat but making some changes to your diet can bring great benefits, not only with regards to less risk of stones but also your health and wellbeing.

A consultation with a dietitian experienced in kidney stone management will help you identify changes you need to make in your diet and help you with strategies to reduce the risk of kidney stones.

## CONSULTATION

*Includes:*

- A comprehensive nutrition assessment of your usual food and fluid intake which will identify nutrition risk factors for kidney stone recurrence.
- Discussion about your 24-hour urinalysis results and how they relate to kidney stone risk.
- Individualised nutrition recommendations and strategies to reduce your risk of kidney stones.
- Nutrition recommendations that are in line with healthy eating and benefit your health and well-being as well as consider existing health problems.
- An evaluation and monitoring plan to assess effectiveness of changes in your diet.

## PREPARATION

Knowing what type of kidney stone you have and completing 24-hour urinalysis tests guide your kidney stone prevention plan

- If you pass a stone, please capture it and have it analysed.
- Complete three 24-hour urine tests at least 3 weeks prior to your appointment.
- Phone the clinic to make an face-to-face or telehealth appointment.