

## STAYING STONE FREE THE UC IRVINE WAY<sup>©</sup>

**r: rehydrate** – drink a minimum of 3-4 quarts (96-128 ounces) of fluid a day. Aids to achieving this include: 1.) place a 16 ounce glass in your bathroom at home – when you get up in the morning AND just before going to bed – brush your teeth (dental health) and drink 16 ounces of water. 2.) If you are at work, put a 2 quart decanter on your desk; if you are at home, you need a 2 quart pitcher in your refrigerator; if you are “on the go”, you need a 2 quart thermos – the 2 quart container should be filled with water in the morning and empty by the end of the day and 3.) all other fluids you drink during the day are good for you (except sugar sweetened colas and other sugar based drinks) – of note, the following fluids are all even better than water in preventing stone disease (in order of increasing effectiveness): coffee, wine, and beer.



**v: vegetarian** – your diet can help you. Limit salt intake (sodium chloride to less than 2 grams a day), reduce the intake of animal protein (less than 50 grams per day), and maintain a normal calcium diet (at least 1200 mg per day).



**c: citrate** – your “stone free” wing man. Citrate is a natural inhibitor of kidney stone formation. You can increase the citrate in your diet by drinking lemon juice (in your 2 quart container - put 4 ounces of fresh lemon juice into 60 ounces of water to make 2 quarts of lemonade that you can drink throughout each day), adding Crystal Light to your water, or drinking diet 7-UP.

