

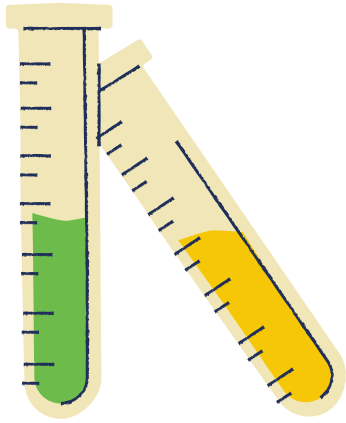
How to talk to your Urologist about a 24 Hour Urine Test



A 24-hour urine test is very important for people who have had kidney stones. The American Urological Association recommends that anyone who has had kidney stones more than once, or is interested in the test, get one at least once a year. This test is the best way to know what is "off" in your urine chemistry and is causing kidney stones. Without the test, it is impossible to personalize your kidney stone treatment.

Unfortunately, most people with kidney stones do not get this test. Do not be afraid to ask your urologist for a 24-hour urine test to better prevent kidney stones. ***Stand up for yourself and your health! You deserve the best care possible.***

Use the information in this guide to feel confident going into the conversation with your doctor asking for a 24-hour urine test.



Talking Points

"I am motivated to make healthy lifestyle changes to prevent stones. To help me know what changes to make, and to track how I am doing, I would like a 24-hour urine test."

"I really want to do everything I can to prevent kidney stones. I know that a 24-hour urine test is recommended to help learn about the cause of my stones, and how to prevent them."

"The guidelines from the American Urological Association recommend a low oxalate diet for people who have high urine oxalate. Can we order a 24-hour urine test to see if my urine oxalate is high?"

"I've been working hard on making healthy diet changes and would like to check my progress."

Common Objections

"We don't do those here"

Most doctor's offices do not have the ability to run a 24-hour urine test for kidney stones. Many doctors use a company called "Litholink" for 24-hour urine tests. Litholink's online portal allows doctors to easily order the test, send you a testing kit, and get your results. All you have to do is send in your urine sample! Learn more about Litholink at their website: www.litholink.labcorp.com

"That test is too expensive"

Insurance covers the cost of a 24-hour urine test for many people with kidney stones. Call your insurance ahead of time to see if your plan covers the cost.

"We already know what kind of stones you have, so you don't need that test" OR "The results of the test won't matter or change treatment"

Even for the same kind of kidney stone, treatment can be very different. The American Urological Association recommends specific interventions based on your **urine risk factors** (i.e high urine calcium, high urine oxalate, or low urine citrate). The only way to know your **urine risk factors** is a 24-hour urine test. Without this information, your doctor is essentially guessing which treatment will work.

"You already had one of those tests [more than a year ago], so you don't need another one"

The American Urological Association recommends that people who keep getting kidney stones get at least one 24-hour urine test each year. Bodies, diets and kidney stones change over time. Getting annual 24-hour urine tests will assess your risk for more stones, tell you how your diet is going, make sure your treatment is working and let you know if you need to start a new treatment.

Frequently Asked Questions

What will I have to do for a 24-hour urine test?

Luckily, a 24-hour urine test is painless. You will be given supplies to collect ALL of your urine for a 24-hour time period. Follow your instructions closely for exactly when to start and stop collecting your urine, if you need to refrigerate your urine, and if you need to add a preservative to it. Instructions are different for different testing companies.



How long will it take to get my results back?

The time it takes to get your results will be different at different labs. Usually results come back within 3-7 days.

Is there ever a time I SHOULDN'T get a 24-hour urine test?

Yes! If you've had a procedure to remove stones, many doctors will suggest waiting a few months to get a test. Also, if you are pregnant, a 24-hour urine test isn't ideal because pregnancy causes BIG changes to your urine chemistry. It is best to wait until after pregnancy to get a better idea of your baseline.

Should I follow your diet recommendations on the day of my 24-hour urine test?

I am so excited you are anxious to get started making healthy changes for kidney stone prevention! But, it is best to eat and drink **as normally as possible** on the day of your first 24-hour urine test. This will help the doctor see what your urine looked like when you made a stone. For repeat 24-hour urine tests, you should continue to make the wonderful changes you've made to see improvements in your numbers!

References

Ennis JL., Asplin JR. The role of the 24-hour urine collection in the management of nephrolithiasis. *International Journal of Surgery*. 2016;36:633-637.

Pearle, D.S. et al. Medical management of kidney stones: AUA guideline. *J. Urol.* 2014;192(2):316-324.

What To Do After You Get Your Results

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Talk to Your Doctor

Your doctor can help you understand your 24-hour urine test results. They might recommend a medication, or some lifestyle changes, to help improve your 24-hour urine test results.

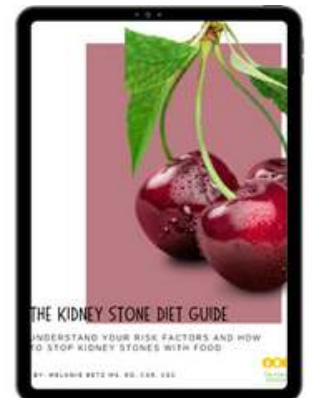
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Talk to a Registered Dietitian

A dietitian that specializes in kidney stones is the best person to help you personalize your diet based on your 24-hour urine test results. The results will give you ton of important information about what you are eating now. Your dietitian will also make personalized diet recommendations based on the results to improve your numbers and prevent more stones.

Ask your urologist to meet with a kidney stone dietitian!

If you can't find a kidney stone dietitian, I am here to help! You can learn more about your [24-hour urine test at the blog](#). You can also check out my [Kidney Stone Diet Guide](#) and [Kidney Stone Nutrition School](#) for a deeper dive into your results, and how to change your diet for individualized kidney stone prevention!



3

Get Started!

Now you are equipped with all the information you need for your personalized kidney stone prevention plan! Get to work making the changes your doctor and dietitian recommended.