

DISCHARGE INSTRUCTIONS OF RENAL COLIC CASE

Renal colic:

is a severe pain in abdomen, lower back or sides the pain is usually on one side as a result of presence of stone in kidney, renal pelvis or ureter.

Symptoms of renal colic:

- Severe sudden pain in abdomen and it can extend to other parts especially to lower back and sides, lower part of urinary tract.
- Pain while urinating, or urinate more frequent.
- Increase body temperature in case of infection.
- Nausea and vomiting.
- Presence of blood in urine (it might not be visible).

Discharge instructions:

1. Take pain reliever as prescribed by your doctor(be carefully not to exceed the correct dose)
2. Take your medicine as prescribed by your doctor
3. Drink water more often and as directed by your doctor
4. Take plenty of rest
5. You need to follow proper and right diet for your case as directed
6. Keep a list of medication and bring it on the follow up visit or in case of coming back to emergency room.

Come to emergency room in case of:

- Persistent nausea and vomiting.
- Notice blood with urine or increase blood in urine.
- Suddenly urinating very little, or not at all.
- Pain not getting better even after take your medicine.

Follow up with the outpatient clinic (clinic.....) within (.....) or in case if you have:

- High body temperature
- Urinate more than usual
- Notice stone in when you urinate
- If you have concern about the case