Table 4

Prevention of recurrent stones

Risk factor for stone formation	Management
Dehydration	High fluid intake (> 2 litres/day)
High-salt diet	Reduce salt intake to ≤ 6 g per day
Meat-rich diet	Reduce animal protein intake
High dietary oxalate intake	Avoid foodstuffs with high oxalate content (e.g. rhubarb, nuts, potatoes)
Sugary drinks with high fructose and phosphoric acid content	Avoid fizzy drinks to reduce urinary excretion of calcium, oxalate and uric acid
Hypocitraturia	Potassium citrate, lemon juice
Hypercalciuria	Thiazide diuretic
Hyperuricosuria	Allopurinol