Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Personal Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your personal information” leaflet which can be found on the Trust website:
www.wwl.nhs.uk/patient_information/Leaflets/default.aspx

This leaflet is also available in audio, large print, Braille and other languages upon request.
For more information call 01942 773106.

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Renal stones

Most urinary tract stones are made from calcium and oxalate (a type of salt). Many factors increase the risk of developing these stones and the most important of these is a low fluid intake.

Fluid

It is important to ensure that you drink three to four litres of fluid per 24 hours (aim to make half of this water). Fluid intake is particularly important:

- During exercise.
- In hot weather.
- When working in hot conditions.
- Last thing at night.
- During the night.

Oxalate

Reducing your intake of oxalate rich foods, may reduce the risk of developing renal stones. One of the main sources in most people’s diet is tea, so try making it weaker or substituting when you can with other drinks. Wheat bran is another source, which is found in some breakfast cereals, such as Weetabix, Branflakes, All-bran and also in wholemeal bread, so it is best to reduce your intake of these foods. Other foods containing oxalate are spinach, rhubarb, beetroot, nuts, chocolate and strawberries – these foods should remain an infrequent part of your diet.

Calcium

Even though renal stones may be formed from calcium, it is not recommended to decrease your calcium intake, as your body will then take the calcium it needs from your bones, leaving them weak and fragile. It is important to keep up your calcium intake by having two to three portions of the foods listed daily, choosing lower fat varieties whenever you can.

Milk

(All varieties)

(one third of a pint)

Yoghurt

(one small carton)

Cheese

(1 oz)

Canned fish e.g. pilchards, sardines, salmon

(one quarter of a small tin mashed with bones)

A healthy balance

Overall a healthy balanced diet is needed in the proportions shown below. The bulk of your diet should be made up of starch foods such as potatoes, bread, pasta and rice, along with plenty of fruit and vegetables (aim for five per day). At the same time reduce your intake of protein (especially red meat) and fatty and sugary foods; so as to make them the smallest part of your diet. If you are eating a balanced diet there should be no need for vitamin and mineral supplements, unless they have been recommended by your Doctor or Dietician.

Please contact the Dietetic Department if you have any further questions or feel you need further advice. Tel: (01942) 822189 – Royal Albert Edward Infirmary.

The Balance of Good Health

[Diagram showing proportions of diet, including fruit and vegetables, and reduced intake of red meat and fatty foods.]