Ureteric Colic (Renal Colic / Kidney Stones)

**Objective**
To provide symptomatic relief and arrange appropriate follow up or referral

**Guideline**
Renal colic is a constant pain due to blood clots or a stone lodged at the pelvic-ureteric or uretero-vesical junction. Ureteric colic is colicky pain due to stone movement and ureteric spasm. The majority are small and will pass spontaneously.

**Typical clinical features**
- Usual age range 30-50 years
- Intense pain, in waves, begins in loin and radiates around the flank to the groin, thigh, testicle or labia
- Usually lasts less than 8 hours, can cause significant vomiting

**Signs**
- In pain, restlessness
- Pale, cold and clammy
- Tenderness at renal angle
- Microscopic or macroscopic haematuria

**Refer for admission if**
- Fever / UTI
- Unremitting pain
- Patient has only one kidney
- Patient has had previous stones that have caused complications

A good fluid intake, 2-3 litres per day of any fluid should continue for life (unless contraindicated by heart or renal failure). A good guide is for the patient to drink enough that their urine is almost always clear.

Ensure patient sees doctor for investigation of cause of renal stones and to ensure stone has passed.

**Treatment Guide**

**Management**
Refer Pain Relief protocol

**Diclofenac** (Voltaren) 75 mg IM injection (avoid in dehydration, heart failure and renal impairment) - can be given instead of or as well as opiates – first line treatment with or without

- **morphine** 10-15 mg IV/IM injection + **metoclopramide** 10 mg IV/IM injection
- hyoscine-N-butylbromide (Buscopan) 20 mg SC/IMI/IV/PO may offer additional benefit – evidence unclear.

Patient may take **codalgin** (paracetamol and codeine) and oral **diclofenac/ibuprofen** in recommended doses for recurrent pain while waiting for stone to pass – most will pass spontaneously.
Ureteric Colic (cont)

Resources
- NZF Non-steroidal anti-inflammatory drugs
- NZF Diclofenac
- NZF Ibuprofen
- NZF Metoclopramide
- NZF Morphine

References
Pain Relief Protocol
General Practice, 3rd Ed, John Murtagh