

FLUID INTAKE IN UROLITHIASIS AND GENERAL RECOMMENDATIONS FOR PATIENTS WITHOUT HIGH RISK OF RECURRENCE

Sneha Saji

Scientific adviser: Pavel Banov

Department of Urology and Surgical Nephrology, *Nicolae Testemițanu* University

Background. Urolithiasis, or kidney stone disease, characterized by the formation of calculi or stones in the urinary tract, remains a common disease that affects the majority of the population worldwide. Adequate intake of fluid and increasing voiding volume are the leading and cost-saving strategies for preventing the recurrence of urolithiasis, however, further studies are necessary. **Objective of the study.** To evaluate the impact of fluid intake and high-volume diuresis in the prevention of recurrence of stone formation and to enroot general recommendations for patients with a low risk of recurrence. **Material and methods.** The matter incorporates current literature and guidelines related to urolithiasis. Resources used include reviewed articles from PubMed, journals, medical textbooks, results of cohort studies and guidelines from various health organiza-

tions. **Results.** Exposures to chronic fluid loss predispose to stone formation, reduced urine volume increases the risk of the first occurrence of kidney stone and increasing urine volume reduces the recurrence of calculi formation; these were the results of previous year studies regarding fluid intake. New studies have replaced the results and more of them aim at daily fluid intake ensuring a urine output of at least 2.5L per day and contribute to stone prevention. The constituents of the beverage determine the accumulation or dispersion of salts, which lie open for the formation of calculi. **Conclusion.** All these suppositions of increasing fluid intake, the type of fluid taken and the high- diuresis helping for stone prevention needs more prospective studies. **Key-words:** urolithiasis, fluid intake, high-volume diuresis, prevention of recurrence