

腎絞痛

腎絞痛是一種突發性的劇烈絞痛。較常始發於左或右方腰部，並可能擴散至腹股溝。男性患者更可能感到陰囊及睪丸痛楚。患者小便或會帶血，並連帶冒汗、噁心和嘔吐等徵狀。

成因

多為輸尿管被結石阻塞，管壁肌肉劇烈收縮試圖打通阻塞所致。

診治方法

在急症部，醫生先會為病人處方口服或注射止痛藥，以減輕其痛楚。同時，亦會為病人安排尿液檢驗及 X 光檢查，以輔助診斷。病人亦可能被轉介到泌尿科醫生作進一步檢查及治療。

若在家裡遇到類似的劇烈疼痛時...

- 若屬於初次病發或以往並未被診斷患有腎絞痛，病人應先求診，因為腎絞痛與其他腹內病患有相類似的症狀，容易令患者混淆。
- 若屬已知腎絞痛患者，應多喝流質，依醫生指示服用止痛藥。如有發燒或持續絞痛，應立即求診。

Renal Colic

Renal colic is an intense pain which usually comes on suddenly. It is usually located in the flank or the side of mid-back and may radiate to the groin. Males may complain of pain in the testicles or scrotum. Blood may or may not be visible in the urine. Associated sweating, nausea and vomiting are common.

Causes

- It occurs when there is obstruction in the lumen of the ureter, usually by kidney stones, and the ureter tries to un-block the obstruction by intense contraction.

What will doctors do

- In emergency department, patient will be prescribed analgesic, either parenteral or oral, for pain relief. At the same time, urine test or X-ray examination may be arranged to confirm the diagnosis.
- Patient may be referred to urologist for further assessment and treatment.

What to do if you feel intense pain of similar nature at home

- If this is the first episode and no previous diagnosis has been established, seek medical advice to confirm the diagnosis, as similar pain can be caused by other diseases.
- For patient with known history of renal colic, they are advised to drink plenty of fluids, take analgesics as instructed. **Seek emergency medical care if there is a fever or the pain is intractable by oral analgesics.**

此單張只供一般參考，如有疑問請向各醫護人員查詢。

This advice is for general reference only. Please consult the doctor in case of doubt.