

Urolithiasis is one of the most frequent diseases. It affects most people of middle age, but does not avoid or children old people. Its high incidence is mainly related to inadequate fluid intake, with poor eating habits and with lack of exercise. Urinary stones are for the patient dangerous mainly because they can suddenly or gradually block the urinary tract and prevent the outflow of urine from the kidneys. It seriously threatens the activities of the kidney. In some cases, stones spontaneously to leave, but others require intervention or surgery and it can rebuild the patient complication especially when the disease is another. Urolithiasis is especially significant that often recurs. This can be avoided, however, if the patient brings voided concrement to the doctor for analysis and then according to the results of chemical analysis will follow diet and drink provided by a doctor. In my work I focused not only on stone disease itself, but just to prevent recurrence of the disease. Fluid intake and dietary measures are the simplest method in the prevention of urolithiasis. In the Czech Republic spa has its important position after centuries and its importance continues even today minimally invasive operating methods. Mineral drinking water each of us, so I attempted in this work a little closer to their importance in the treatment of urolithiasis. Summary recommendations for patients suitable dietary and drinking habits are an integral part of this thesis.