AgelessCoach™
AGE STRONG. LIVE LONG.

Gallstones: Symptoms and Next Steps Sheet

The 6 symptoms, the 5 that mean seek care right away, and the meal pattern that sets off an attack.

✓ **Verified against published guidance** from NIDDK, Cleveland Clinic & Mayo Clinic · sources below

Seek care right away during or after an attack if you have pain lasting several hours, nausea and vomiting, fever or chills, yellowing skin or eyes, or tea-colored urine with light-colored stools. NIDDK names these as possible signs of serious infection or inflammation.

✓ Do This

Know the Six Symptoms

- Sudden upper right abdominal pain
- Pain to the right shoulder or back
- Nausea, fever, jaundice, dark urine

COACH'S TIP Pain and nausea are the two most common.

Learn the Five That Mean Go Now

- Pain lasting several hours
- Fever or chills, nausea and vomiting
- Jaundice, tea-colored urine

COACH'S TIP NIDDK puts all five on the same-day list.

Log When the Pain Starts

- Time of day and how long it lasts
- What you ate beforehand
- Whether it woke you from sleep

COACH'S TIP Evening and night after a heavy meal is the pattern.

Ask Silent or Symptomatic

- Silent stones are left alone
- Stones that blocked once tend to repeat
- That answer decides treatment

COACH'S TIP This single question shapes the whole visit.

Expect an Ultrasound First

- Quick, easy, no preparation
- Finds most stones in the gallbladder
- Other tests find stones in the ducts

COACH'S TIP Imaging locates the blockage, not just the stones.

Ask What Life Without a Gallbladder Looks Like

- Removal is the reliable long-term fix
- Bile flows liver to intestine instead
- Some people get chronic diarrhea

COACH'S TIP Cleveland Clinic says you can live well without one.

✗ Do Not

Do Not Assume Surgery Is Automatic

- Only 20 percent ever need treatment
- Silent stones need none at all
- Symptoms are what change the answer

COACH'S TIP Having stones is not the same as needing surgery.

Do Not Wait Out a Long Attack

- Attacks usually stop when the stone moves
- More than a few hours blocked is different
- Untreated blockages can be fatal

COACH'S TIP The clock is the variable that matters.

Do Not Call It Heartburn and Move On

- Some feel it in the chest or center
- Others think it is a heart attack
- Both need ruling out properly

COACH'S TIP Cleveland Clinic names both mix-ups by name.

Do Not Count on Pills to Dissolve Them

- They work only on small cholesterol stones
- It can take months to years
- Stones often return afterward

COACH'S TIP Rarely prescribed, and for good reason.

Do Not Chase Rapid Weight Loss

- Losing fat fast floods bile with cholesterol
- Rapid loss is itself a risk factor
- So is carrying extra weight

COACH'S TIP Both ends of the scale raise the risk.

Do Not Dismiss a Second Episode

- One attack predicts another
- The same stone may still be there
- New stones keep forming

COACH'S TIP The second one is the appointment, not the warning.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

20%	of people diagnosed ever have symptoms or need treatment
10%	of US adults have gallstones, up to 75 percent of them female
5 signs	that mean seek care right away, per NIDDK

Sources: NIDDK, Symptoms & Causes of Gallstones · Cleveland Clinic, Gallstones (Cholelithiasis) · Mayo Clinic, Gallstones: symptoms and causes. **Educational content, not medical advice.** Talk with your doctor.