

Oxalate Sensitivity Symptom Checklist

Check any symptoms you experience regularly or have been told you have

This checklist is for informational purposes only. Please share results with your healthcare provider.

KIDNEY & URINARY SYMPTOMS

- I have had one or more kidney stones
- I have had kidney stones more than once
- My stones were identified as calcium oxalate type
- I have frequent or urgent urination
- I notice blood in my urine (hematuria)
- I have burning or pain with urination
- I have been told I have crystals in my urine

JOINT & MUSCLE PAIN

- I have unexplained joint pain or stiffness
- I have been diagnosed with fibromyalgia
- My pain is worse after high-oxalate meals
- I have muscle aches with no clear cause
- I have tender points in muscles or soft tissues
- Pain seems to move around to different joints
- I have been diagnosed with arthritis but treatment hasn't helped much

PELVIC & WOMEN'S HEALTH

- I have chronic pelvic pain
- I have been diagnosed with vulvodynia
- I have burning or irritation in the vulvar area
- I have painful intercourse (dyspareunia)
- Symptoms worsen around the menstrual cycle
- Topical treatments have not relieved symptoms

PERSONAL RISK FACTORS

- I eat spinach, almonds, or dark chocolate daily
- I drink black tea regularly (2+ cups/day)
- I follow a plant-heavy or vegan diet
- I have had gastric bypass or bowel surgery
- I have taken antibiotics frequently
- I drink less than 6 glasses of water per day
- I avoid dairy or calcium-rich foods
- Family history of kidney stones

DIGESTIVE SYMPTOMS

- I have bloating after meals, especially plant-rich ones
- I have abdominal pain or cramping
- I have been diagnosed with Crohn's disease
- I have been diagnosed with ulcerative colitis
- I have been diagnosed with celiac disease
- I have irritable bowel syndrome (IBS)
- I have chronic diarrhea or loose stools
- I have been told I malabsorb fat

ENERGY, BRAIN & MOOD

- I have persistent fatigue not relieved by rest
- I have brain fog or difficulty concentrating
- I have been diagnosed with chronic fatigue syndrome
- I have unexplained mood changes or irritability
- I feel worse after eating — especially large plant-based meals
- I have tingling or numbness in hands or feet

SKIN & OTHER SYMPTOMS

- I have unexplained skin rashes or hives
- I have chronic itching with no skin condition found
- I have gritty or sandy feeling in the eyes
- I have been told I have calcium deposits in tissues
- I have dental enamel problems or sensitive teeth
- I have unexplained low iron or anemia

IN CHILDREN (if applicable)

- My child has unexplained irritability after meals
- My child has recurring abdominal pain
- My child has sensory sensitivities
- My child has been diagnosed with autism spectrum disorder and has GI symptoms
- My child has had a kidney stone

HOW TO INTERPRET YOUR SCORE — Count the boxes you checked

10+ checks:

Significant concern — strongly recommend discussing with your doctor. Ask about a 24-hour urine oxalate test.

5–9 checks:

Moderate concern — oxalates may be a contributing factor. Consider a trial low-oxalate diet with guidance.

2–4 checks:

Possible mild sensitivity — try pairing high-oxalate foods with calcium and increasing hydration.

0–1 checks:

Low concern — oxalates are unlikely to be a significant issue for you at this time.

My Total Check Count:

Patient Name: _____

Date: _____