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Regional Urology

## Cystinuria

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### What is cystinuria?

Cystinuria results when your body produces too much cystine. The cystine is filtered by the kidney. However, cystine is poorly dissolved in the urine, so stones may form.

### How can I treat this condition?

The goal is to keep your cystine concentration under 200mg per liter of urine to prevent stones from forming. Therefore, any combination of increasing fluid intake through diet and reducing cystine excretion through medication should stop stone formation.

#### *Diet*

- Increase fluid intake to at least 100 ounces a day (10 10-ounce glasses).
- Limit the amount of animal protein (red meat) in your diet.

#### *Medication*

Two medications typically are used to help treat cystinuria. These medicines, along with their possible side effects, are listed below:

- **D-Penicillamine** lowers cystine levels in your urine.
- **Thiola** (alpha-mercaptopyrpnionylglycine) lowers cystine levels in your urine.

Side Effects: Both D-Penicillamine and Thiola have similar side effects, though Thiola is less toxic than D-Penicillamine. Side effects include impaired taste and tingling or numbness in your feet or hands. *Contact your doctor immediately if you have this problem.*

### What about a follow-up visit?

A follow-up appointment will take place in about four months. That visit includes a 24-hour urine collection beforehand.

We hope you are pleased with the care you receive at Regional Urology. Our goal is to give you the very best care and attention.

If you have questions about this information, please call your Regional Urology office.

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