



Regional Urology

Hyperuricosuria (High Uric Acid)

What is hyperuricosuria?

Hyperuricosuria—high uric acid levels in the urine—can lead to calcium stone formation. Any condition that increases uric acid levels can cause hyperuricosuria. Some conditions that raise uric acid levels are gout or certain cancer treatments.

What can I do to treat this condition?

Treatment methods aim to reduce or dilute uric acid levels in the urine. Two main options are available: dietary adjustments and/or medication.

Diet

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

Medication

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

- **Allopurinol** reduces uric acid production and lowers uric acid levels.
Side effects are infrequent. Fewer than 1% of patients experience a rash from this drug. *Contact your doctor immediately if you have this problem.*
- **Potassium citrate** (pill): does not lower uric acid levels. Rather, this medication is a slow-release form of potassium citrate, which raises the citrate level in urine. As a result, it reduces the saturation of calcium oxalate in patients with high uric acid levels.
- **Sodium citrate/bicarbonate** is a liquid form of potassium citrate with added citric acid. It works the same way as potassium citrate.

Side effects for both potassium citrate and sodium citrate/bicarbonate include stomach upset from the potassium in the medication. Therefore, it is helpful to take the medication with food. You do not need to eat a large meal, but you should have something in your stomach (piece of fruit, toast, etc.).

Part of the potassium citrate pill is made up of a wax coating that reduces stomach irritation. This portion of the pill is not absorbed and will pass through the intestines. You may notice what appears to be the potassium citrate pill in your bowel movements. However, this is just the wax part of the pill coming out, so do not be alarmed. Most people do not notice this wax portion of the tablet.

What about a follow-up visit?

A follow-up appointment will take place in 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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