



Uric Acid Stone Dissolution with Potassium Citrate Tablets

- The acidity of your urine is measured with a test called *PH*. The term for the opposite of *acid* is *alkaline*.
- Lower numbers are **MORE** acidic.
Higher numbers are **LESS** acidic.
- Uric acid stones form in acidic urine with a PH of **less than 6.5**
- Calcium stones form in alkaline urine with a PH **more than 7**
- The aim of dissolving therapy is to keep your urine PH at a level **between 6.5 and 7**, encouraging uric acid stones to dissolve while preventing calcium stones from forming.
- The tablets prescribed make your urine **LESS** acidic, and will therefore **INCREASE** the PH of your urine (Higher numbers = less acidic).



How to do it

- 1) Start by taking **ONE tablet THREE times a day** (with meals for example)
- 2) After a few days, measure the PH of your urine with a dipstick
- 3) Keep a record of the measurements for a day or two.
 - a. If the PH is **LESS than 6.5**, your urine is too acidic and you need to take **one MORE tablet** each day.
 - b. If the PH is **MORE than 7**, your urine is too alkaline and you need to take **one LESS tablet** each day
- 4) After a few more days, retest the urine PH and repeat the above adjustments
- 5) Don't make adjustments each day - your urine may need a number of days to reflect the changes from your medication adjustments.
- 6) After two weeks of therapy, go see your GP and show them your measurements and the number of tablets you are taking. They will confirm that you are on the right track!

Sodium bicarbonate tables or Ural sachets can be used instead of potassium citrate tablets at your surgeons discretion.

Please contact us at any time if you need clarification or have any concerns.