



Regional Urology

Gouty Diathesis (High Acid in the Urine)

What is gouty diathesis?

High acid levels in the urine can cause calcium or uric acid stone formation. Gouty diathesis occurs when the urine pH is less than 5.5 (pH is a measure of the acid/base balance in your body). Normal pH values are between 5.5-6.5. The higher the pH value, the less acidic the urine.

What can I do to treat this condition?

The goal is to lower acid levels in the urine by increasing urine pH to between 6.0-6.5. Treating gouty diathesis can be accomplished through drinking more fluids and/or taking medication.

Diet

- Increase fluid intake to at least 100 ounces a day (ten 10-ounce glasses).
- Drink plenty of lemonade. To make it, mix four ounces of reconstituted lemon juice into two quarts of water, and then sweeten it to taste with sugar, Splenda or Sweet'N Low.

Medication

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

- **Potassium citrate** is a slow-release form of potassium citrate, which raises the citrate level in the urine.
- **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 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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