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Regional Urology

## Hypercalciuria (High Calcium in the Urine)

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### What is hypercalciuria?

Hypocitraturia is the medical name for high levels of calcium in the urine. This condition is the result of increased absorption of calcium from the intestines or a loss of calcium from the kidneys.

### What can I do to treat this condition?

The goal is to limit calcium excretion by the kidney or to block calcium absorption by the intestines. Treatment consists of following dietary recommendations and/or taking medication.

#### Diet

- Increase fluid intake to at least 100 ounces a day (ten 10-ounce glasses).
- Do not consume too many dairy products, such as milk, cheese, yogurt and ice cream.
- Avoid salty foods, especially fast food, processed foods and canned foods.
- Limit the amount of red meat you eat.

#### Medication

Three types of medication typically are used to help treat high calcium levels in the urine. Here is a list of these medicines and their major side effect:

- **Thiazide diuretics** normally are used as fluid pills to increase urine output. However, thiazide diuretics also lower calcium output by the kidney. Various types of thiazides are used to treat hypercalciuria.
  - **Indapamide and chlorthalidone** are taken once a day to lower urinary excretion of calcium. The most common side effect of these medications is loss of potassium.
  - **Amiloride plus hydrochlorothiazide** is a potassium-sparing diuretic that also lowers calcium levels in the urine.

- **Potassium citrate** is used as a potassium supplement for people taking Naqua, Lozol or Hydroton. Do not take this drug if you also are taking Moduretic, which is a potassium-sparing diuretic.
- **Sodium cellulose phosphate** binds calcium in the intestine and prevents it from being absorbed into the bloodstream.

The main side effect of thiazide diuretics is that they lower potassium levels in the blood. The result can be significant muscle weakness, fatigue or cramping (including the heart muscle).

Contact your doctor immediately if you experience any of these problems.

### 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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