



Regional Urology

Hypocitraturia

What is hypocitraturia?

Hypocitraturia is low citrate levels in the urine. Citrate—a form of citric acid—helps inhibit calcium stone disease. If not enough citrate is in your urine, a stone may form.

What can I do to treat this condition?

The goal is to raise the citrate level in your urine through drinking more fruit juices and/or taking medication.

Diet

- Increase fluid intake to at least 100 ounces a day (ten 10-ounce glasses).
- Increase intake of citrus juices (such as orange or grapefruit juice). For lemonade, 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 low citrate levels. These medicines, along with their possible side effects, are listed below:

- **Potassium citrate** in slow-release form 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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