Patient Information

Uric Acid Kidney Stones
Dissolution Therapy

Uric Acid Stones

100% Uric Acid stones do not contain sulphur or calcium and cannot be seen on a conventional X-ray. As part of the investigation for your kidney stones you will have probably had a CT scan of your kidneys, ureters and bladder.

If the CT scan confirms a stone but it cannot be seen on X-Ray the stone is termed “Radiolucent”. These types of stone can be treated with medication that makes the urine more alkaline as well as with increasing the amount of urine you produce by drinking more water.

Dissolution therapy

Uric acid stone formers tend to have more acidic urine (pH < 5.5). By making the urine more alkaline (pH 6.5) this will dissolve the stone and help to prevent recurrence.

Medication

Your urologist will prescribe a course of Sodium Bicarbonate (SodiBic) medication to make your urine more alkaline. They may also commence you on Allopurinol (Pro-gout) to reduce the amount of uric acid you produce in your urine.

If you are on a low salt or sodium restricted diet you should speak to your Urologist or GP. Medication such as Ural also contains sodium and it is important your body does not become overloaded with sodium, speak to your pharmacist for more information.

Fluid intake and Diet

It is important you increase the amount of urine you produce by drinking more water. Producing adequate amounts of urine is needed to maintain the correct pH level in the urine (pH 6.0 to 6.5)

If there are no medical restrictions you should aim to drink 3 to 4 litres of water a day. The amount of fluid you drink is important and may need to increase in hot weather, during and following exercise.

Reducing the amount of protein rich foods meat, pulses, grains and certain vegetables (sprouts) can help reduce the amount of uric acid in your urine.

Urine dip test

It is important to ensure that you have your urine checked every 2 weeks. A simple dip test can check whether you are achieving the correct pH (6.0-6.5) in your urine. This can be done by your GP or nurse at your local health clinic.

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