

Dr. Dudley's Tips for Urinary Alkalinization

Urinary alkalinization means changing the pH of your urine. We generally do this in order to dissolve uric acid kidney stones.

Medication:

potassium citrate

Directions:

Take 1-2 by mouth with meals (3 times per day).

The goal is to make the pH of the urine from 6.5-7. You can check the pH of your urine with a simple urine dipstick. These are usually available over the counter from a local pharmacy.

If urine pH is above 7.5 then take less potassium citrate. If urine pH is lower than 6.5 then take more potassium citrate.

Once you have an established routine, you should only need to check your urine pH once a week. Side effects of potassium citrate include bloating and gas. This can usually be improved with simethicone (available over the counter under trade names such as Gas-X or Mylicon).

As always, best prevention from stones is drinking more water!