

ORAL SODIUM BICARBONATE FOR THE DISSOLUTION TREATMENT OF URIC ACID STONES

Some kidney stones composed of uric acid (urate) can be dissolved. This is achieved by alkalinising the urine (increasing the pH of the urine). This therapy will be initiated by your Urologist and will normally run for three months in the first instance, usually with imaging after that to see if it has worked to dissolve the stone.

You will need to obtain a prescription from your General Practitioner for oral Sodium Bicarbonate tablets. You will also need to obtain from urine dipsticks from your urologist or General Practitioner so that you can check your urine at least once daily. Please check you are achieving a pH close to 8. The normal pH of urine is around 7.4 and the Sodium Bicarbonate will push the pH up. Sometimes a higher dose is required such as 2gms three times a day, or even 3gms three times a day until you are achieving the desired pH in your urine.

In order to test the urine to check that you are achieving the desired pH, a sample should be collected in a pot or glass. The dipstick should be placed inside the urine, shaken dry and left for a minute. The dipsticks come in a box with colour coding. You will need to look at the row pertaining to pH and check that the colour reflects a pH of 8 or close to 8. If it is not you will need to consult your General Practitioner or your Urologist about increasing your dose of Sodium Bicarbonate accordingly.

If you experience side effects or feel unwell please stop the treatment and consult your General Practitioner or Urologist.

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