

POTASSIUM CITRATE PREPARATIONS

Urocit-K®

Polycit-Crystals® (generic available)

Polycit-K Syrup® (generic available)

SODIUM CITRATE PREPARATIONS

Bicitra (generic available)

CITRATES (SIT-traytes) are used to make the urine more alkaline (less acid). This helps prevent the majority of your kidney stones. Citrates are used to prevent the crystals in our urine from sticking together. Citrates are sometimes used with other medicines to prevent kidney stones that may occur with gout (both calcium oxalate and uric acid kidney stones).

BEFORE USING THIS MEDICINE

Tell your doctor, nurse, and pharmacist if you...

- are allergic to any medicine, either prescription or nonprescription (OTC);
- are pregnant or intend to become pregnant while using this medicine;
- are breast feeding;
- are taking other prescription (OTC) medicine, especially amiloride, antacids, especially those containing aluminum or sodium bicarbonate; Captopril, digitalis glycosides (heart medicine), enalapril; heparin; lisinopril; medicine for inflammation or pain (except narcotics); methenamine; other potassium-containing medicines; quinidine; spironolactone; or triamterene;
- have any other medical problems, especially Addison's disease (underactive adrenal glands), diabetes mellitus (sugar diabetes), heart disease, intestinal or esophageal blockage; kidney disease, stomach ulcer or other stomach problems, or urinary tract infection.

PROPER USE OF THIS MEDICINE

POTASSIUM CITRATE PREPARATIONS

Potassium Citrate Tablets

1. These are very large tablets with a wax matrix surrounding them. Sometime patients will observe the wax matrix in their stool. This can be alarming but it does not mean that you are not absorbing the medicine. We re-check your stone burden and a 24-hour urine collection in three months after you have started your medicine in order to make sure you are absorbing the potassium citrate. If you have trouble swallowing tablets or they seem to stick in your throat, the Urocit-K® is not the potassium citrate of choice for you. It would be better for you to take the crystals or the liquid. Please note that you can take the multiple tablets of potassium citrate at day or night as long as you TAKE THESE TABLETS WITH FOOD OR WITHIN 30 MINUTES AFTER A MEAL OR BEDTIME SNACK. This helps prevent the medicine from causing stomach pain or diarrhea.

Potassium Citrate Crystals

1. These crystals are often used by patients who cannot tolerate potassium citrate tablets for various reasons. Sometimes patients who have inflammatory bowel disease (such as Crohn's disease or ulcerative colitis or frequent diarrhea or peptic ulcers disease) do not tolerate the pills as described above. The advantage of the potassium citrate crystals is that they are pre-dissolved for you. You must mix them in any type of juice that you prefer. You can mix them in orange juice, cranberry juice, Crystal Light or plain water.
2. It is extremely important that you take these crystals within 30 minutes of a meal or bedtime snack or immediately after a meal. You must not take these crystals on an empty stomach. All potassium preparations can be taken with a small snack such as crackers.
3. Some patients do not like the inconvenience of mixing the Polycit-K crystals. Therefore, there is yet another alternative.

Potassium Citrate Liquid

1. Polycit-K liquid is a pre-prepared liquid of potassium citrate. The advantage of this form is that it does not need to be mixed in water or juice. It can be taken as a syrup in a range of dosing one or two tablespoons two to three times a day.
2. Again, as stated above, with other potassium preparations, you must take the syrup with something in your stomach. This can be crackers, cereal, a small snack or a large meal.

MISSING MEDICATIONS

1. If you are ill with the stomach flu or having difficulty keeping medications down, you should not take potassium citrate preparations until your abdominal pains, diarrhea, gastroenteritis has resolved. If after this, it has resolved, you may re-start the potassium citrate preparation at the original dose.

ELEVATED POTASSIUM

1. All of the potassium-containing preparations can increase potassium levels in the blood. If you have normal renal function, this is unlikely to occur. However, if you are using large amounts of salt substitutes (these usually contain potassium) ACE inhibitor or ARB blood pressure medications (your doctor can explain these medications in more detail), triamterene or spironolactone (potassium-sparing diuretics {water pills}), or potassium tablets, you must notify your physician immediately. Often, your physician will check potassium within two weeks of starting potassium citrate. Therefore, we may be assured that your potassium level is normal.
2. If you are a patient who has kidney problems (in other words, decreased kidney function), we must watch your potassium intake carefully, and therefore, in this situation we may recommend sodium citrate to you.
3. Please avoid eating extra table salt in your food while you are taking citrates. The decreased table salt will prevent stones from forming.

POSSIBLE SIDE-EFFECTS OF POTASSIUM CITRATE PREPARATIONS

SIDE-EFFECTS THAT SHOULD BE REPORTED TO YOUR DOCTOR IMMEDIATELY:

1. Rare – abdominal or stomach cramping or pain (severe) black tarry stools, severe diarrhea, vomiting sometimes with blood – these side-effects occur vary rarely and are only brought to your attention so that you may be aware of them.
2. Tingling around the lips/hands. This is often a side-effect of the citrate therapy. This can be resolved if one takes a small amount of the potassium citrate preparation at one time. It can also be resolved by taking the potassium citrate preparations with food.

SODIUM CITRATE PREPARATIONS

1. Sodium citrates are only used for stone-forming patients in the event that the patient has severe hyperkalemia (elevated potassium level in the blood). Otherwise, we prefer not to use the sodium citrate preparations for the following reasons:
 - a. They can increase blood pressure.
 - b. They can cause sodium retention
 - c. Increased sodium intake causes increase calcium loss in the urine which can eventually lead to more kidney stones.

Sodium Citrate Liquid

1. Sodium citrate liquid is a bitter-tasting liquid that must be taken with food twice a day. Side effects are as follows:
 - a. Increased blood pressure due to sodium load.
 - b. Bloating due to sodium load.
 - c. Tingling around the lips/hands.
 - d. Gastrointestinal upset such as abdominal pain or diarrhea

PROPER USE OF THE MEDICATION

1. Please take this medicine with a snack or within 30 minutes of a meal.

ABOUT YOUR

MEDICINE

CITRATES



NEW ORLEANS
NEPHROLOGY ASSOC, LLC

METABOLIC BONE AND STONE CENTER

4409 UTICA ST. • METAIRIE, LA 70006

PHONE (504) 457-3687