

Citrate & Urine pH

Your kidney stone analysis and/or UroMax24 test results may have revealed low citrate and/or urine pH levels. This flyer will answer some of your questions on how to safely reduce your risk of developing another kidney stone.



WHAT DOES A LOW CITRATE LEVEL MEAN?

Citrate acts like a shield by binding with calcium in the urine to prevent calcium from binding with oxalate or phosphate. Having low citrate levels in your urine means you do not have this shield and you are more likely to develop new kidney stones.

WHAT DOES A LOW URINE pH LEVEL MEAN?

pH is the unit of measure used to describe acid-based balance. A normal urine pH is about 6.0. If your urine pH falls under 5.8, it is considered to be low which means your urine is more acidic. This may increase your risk to form uric acid crystals, which leads to uric acid stones or mixed calcium oxalate/uric acid stones.

HOW CAN I PREVENT KIDNEY STONES?

- Increase your water intake. Try to produce 2.5 liters of urine per day, by taking in 2.5 liters of fluid per day.
- Lemonade is a good fluid—it contains citrate.
- Your physician may prescribe potassium citrate.

ABOUT BOSTWICK LABORATORIES

Bostwick Laboratories® is a full-service reference laboratory specializing in uropathology.

Dr. David G. Bostwick and our staff of veteran pathologists are dedicated to the diagnosis, treatment and management of prostate cancer, kidney disease, cancer of the bladder and other urologic conditions.

These internationally-renowned board-certified pathologists use the most technologically advanced testing available to ensure accuracy.

Our quick turnaround on reports affords you and your doctor the time you need to choose the best course of treatment.



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