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### **Kidney Stone Prevention Diet: URIC ACID STONES**

Stones composed of uric acid are the only type of stone that can be dissolved by medicines. These same treatments can also have a preventive effect against new crystal formation.

Very simply, uric acid crystals form when the urine is acidic and concentration of urinary uric acid is high. Therefore treatment requires urinary alkalinisation, dilution, and avoidance of foods which result in high urinary uric acid excretion.

#### 1. General Measures

- Weight reduction (if overweight) by means of reduced caloric intake and regular exercise
- Compensating for fluid losses (eg. sweating, febrile illness) with additional fluid intake

#### 2. Urine dilution

- This is the most important dietary modification
- Daily fluid intake should be sufficient to result in at least 2.5 Litres of urine. The amount you are required to drink will vary depending on the degree of physical activity and surrounding temperature, but aim to drink 2.5 – 3 L evenly distributed over the day (about 2 cups every 2 hours).
- As a rough guide, you should aim to drink enough fluid so that your urine appears clear or pale-lemon coloured.
- Types of fluids:
  - Mineral water rich in bicarbonate (but not high in salt)
  - Dilute citrus or apple juice
  - Limit coffee and tea intake
  - Avoid alcohol (especially beer) which increase uric acid excretion and acidifies the urine.

#### 3. Diet

- As a general rule, keep a sensible, well-balanced diet.
- Food should have a low purine content. As a guide, food originating from plants usually has a lower purine content and has an alkalinizing effect.
- Foods very rich in purine (to be avoided): offal, sardines, anchovies, shellfish skin of fish & poultry.
- Foods with moderate purine content (restrict): meat & sausage, beans, soy products (soy milk, tofu), mushrooms, alcoholic drinks esp beer.
- Foods low in purine (encouraged): eggs, dairy products, fruits, vegetables, cereals.