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1: [Fortschr Med.](#) 1995 Sep 10;113(25):359-62.

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## [Therapy of candiduria by alkalinization of urine. Oral treatment with potassium-sodium-hydrogen citrate]

[Article in German]

[Strassner C](#), [Friesen A](#).

Institut für Medizinische Mikrobiologie, Immunologie und Krankenhaushygiene, Krankenhaus München-Bogenhausen.

**METHOD:** Eighteen hospitalized patients with candiduria were treated with oral potassium-sodium-hydrogen citrate to alkalinize the urine. The results obtained were compared with those observed in an untreated retrospective control group. Dosage was adjusted in accordance with the pH of the urine measured immediately before treatment with the aim of achieving a pH of 7 to 7.5.

**RESULTS:** All patients had an indwelling catheter, which is a predisposing factor for candiduria. In 16 out of 18 patients (89%) treatment with potassium-sodium-hydrogen citrate raised pH and resulted in the disappearance of candiduria. Duration of treatment varied between two days and one month (mean: seven days). In four patients the urine became completely sterile; during treatment 12 out of 18 patients developed significant bacteriuria (in eight cases of these the indwelling catheter had been left in place). **CONCLUSIONS:** Alkalinization of the urine is a simple and effective method of treating candiduria in patients with an indwelling catheter. An additional advantage is the metaphylaxis and prophylaxis of renal stone formation in immobilized patients.

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