

## SYMPTOMS HIGH POTASSIUM

Stomach Cramps  
Intestinal Cramps  
Weakness Nausea  
Generalized Fatigue  
Paralysis  
Palpitations  
Numbness  
Burning Tingling  
Slow Pulse  
Mental Confusion  
Tiredness  
Nausea  
EKG Changes  
Irregular Heartbeat  
Sudden Death

## SYMPTOMS LOW POTASSIUM

Cramping & Muscle Weakness  
Fatigue  
Confusion  
Difficulties with Muscle Coordination  
Irregular Heartbeat  
Heart Failure

Potassium citrate or sodium citrate (Urocit K 5 or Polycitra syrup) needs to be prescribed and followed by your physician. Prior to starting potassium citrate, get a urinary citrate level and a baseline serum potassium. Low urinary citrate is to be expected with PKD. Unlike sodium bicarbonate that can lead to kidney stone formation, the kidneys use citrate as a form of energy.

Some take a teaspoon of Polycitra syrup only when nightly urinary pH tests 6.5 or lower. One goal is a nightly urinary pH of 7.5 (blue). Sometimes something stressful, an infection, teeth cleaning, or a new medication might change urinary pH toward acidic. There are dangers to taking potassium or sodium citrate.

Ten (10) OTC over the counter potassium citrate is equal to one dose of Urocit K or 5 meq of potassium. Once taking potassium citrate, get a serum potassium done twice a week, then every week, then every 2 weeks, then once a month, then every 3 months, then every 6 months. Become familiar with high and low potassium symptoms; go to the urgent care clinic whenever you just do not feel well.

[2010 alkaline clinical trials.](#)