

Nutrition & Hypoparathyroidism

WHAT TO DRINK ?

Should I increase my fluid intake ?

In hypoparathyroidism, the lack of parathyroïde hormone (PTH) must be compensated by treatments (calcium, active vitamin D), which raise calcium levels in the blood but also in the urine. Unfortunately, due to the absence of PTH, calcium tends to be lost through the urine!

Drinking more helps to dilute calcium in the urine, reducing the risk of kidney stone formation.

The amount of fluids you need depends largely on your answer to the question: [Do you have kidney stones?](#)

→ **If YES**, it is important to:

- ◆ **Drink regularly (throughout the day)** *If you drink a lot but only within 6 hours and your urine is dark at times, this is much less effective!*
- ◆ **Drink more than 2, or even 2.5 liters over 24 hours**
 - **Your goals are to:**
 - **Maintain consistently clear urine**
 - **Urinate at least 2 liters per day** *(adjust the volume depending on the intensity and severity of your stones – are they frequent? Do they recur quickly?)*

→ **If NO**, your fluid intake depends on the amount of calcium in your urine (calciuria) and cannot be precisely determined.

What drinks should I choose ?

- **All drinks help to dilute calcium (soup, tea, coffee, herbal infusions, etc.)**
 - ◆ *Alcoholic beverages are sometimes poorly tolerated in hypoparathyroidism, so it is important to limit their intake to protect your long-term health.*
 - ◆ *Tea contains oxalate but is not contraindicated in cases of kidney stones (because its urine-diluting effect remains beneficial!). Avoid drinking tea that is too strong and steer clear of black tea.*

- **Drinks containing calcium (milk, calcium-rich waters, plant-based beverages fortified with calcium) should be counted towards your daily calcium intake and regarded as “medications”.**
Their consumption must be regular and adapted to your situation (hypocalcaemia).

Some waters are rich in calcium but also in sodium!

Be sure to check both of these values on the label when choosing your water. Indeed, the more salt you consume (whether in water or food), the more calcium is lost in the urine and blood calcium levels might even decrease.

Examples:

| Mineral water | Calcium (mg/L) | Sodium (mg/L) |
|-----------------|----------------|---------------|
| Hépar® | ~ 549 mg/L | ~ 14 mg/L |
| Contrex® | ~ 468 mg/L | ~ 9,4 mg/L |
| Courmayeur® | ~ 556 mg/L | ~ 0,69 mg/L |
| San Pellegrino® | ~ 164 mg/L | ~ 31,2 mg/L |

Prepared by the CALIPSO Centre team – May 2025

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