EN

KNOW YOUR URSO DOSE

Your Ursodeoxycholic Acid dose is calculated on how much you weigh.

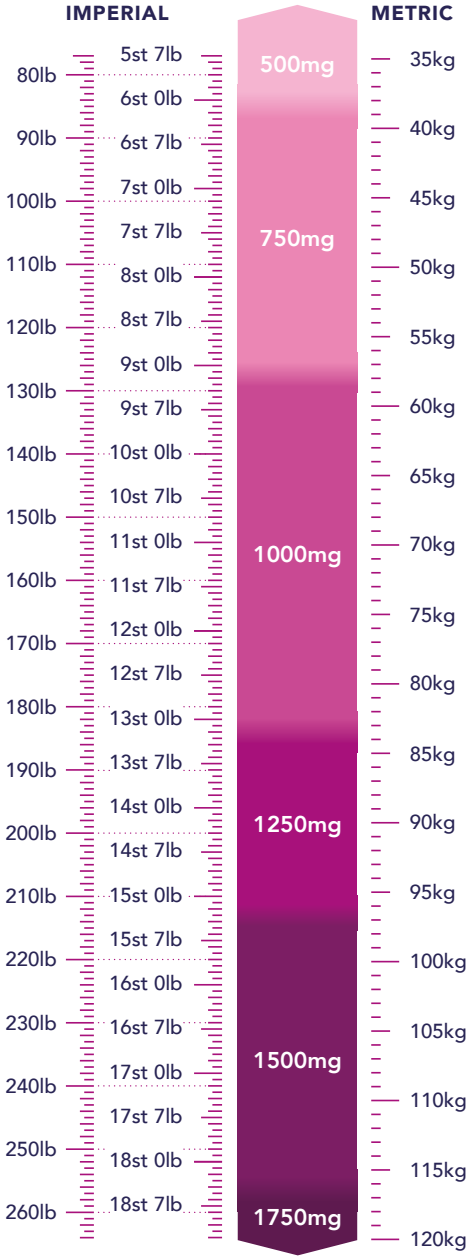
Use the Urso Dose Calculator to help you understand and manage your PBC treatment.

1. weigh yourself

2. find your weight

3. know your dose

URSO DOSE CALCULATOR



RECOMMENDED DAILY URSO DOSE

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YOUR **URSO DOSE CALCULATOR** FOR PBC.

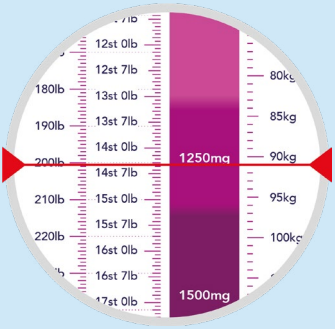
It's extremely important to know your weight as this has a direct relationship with your Urso dose. Remember, weight doesn't always stay the same, so if you gain or lose weight you may need to change how much Urso you take.

Use our 1, 2, 3 approach to find the right dose you.

1. weigh yourself | 2. find your weight | 3. know your dose

Ursodeoxycholic Acid (also known as Urso or UDCA) is the recommended first line treatment for people with **Primary Biliary Cholangitis** (PBC).

- Published research* has shown that for most patients, **responding to Urso** leads to a normal life expectancy.
- Data tells us that you are most likely to respond when taking the **optimal dose** (13-15mg/kg/day).
- Did you know, that patients who do not respond to Urso are also found to have **health benefits** from taking Urso every day?
- Unfortunately, there are still many PBC patients on too low a dose which can have **serious implications**.



Based on the optimal dose of 13-15mg/kg/day. A person who weighs **14st 5lb / 200lb / 91kg** has a recommended daily Urso dose of **1250mg**.

IMPORTANT INFORMATION:

Our **Urso Dose Calculator** has been designed as guidance for achieving the standard recommended dosage. In some clinical situations, your clinician may recommend a different dose. If you are not taking the optimal dose, we advise that you discuss this with your clinician so that you are on the right dose for you.

Do not stop or adjust your dose of Ursodeoxycholic Acid without discussing this first with your clinician. Urso is recommended as a lifetime treatment. Even if your liver results are normal you should not stop the treatment, this likely means it's working.

Keep this handy for future reference and/or when discussing your treatment with a healthcare professional.

*SOURCE: 'European Association for Study of the Liver (EASL), PBC Guideline 2017', 'American Association of Study of Liver Diseases (AASLD)', and 'PBC Guidance 2018, and British Society of Gastroenterology (BSG) PBC Guideline 2018'.