

WHAT'S YOUR URSO DOSE?

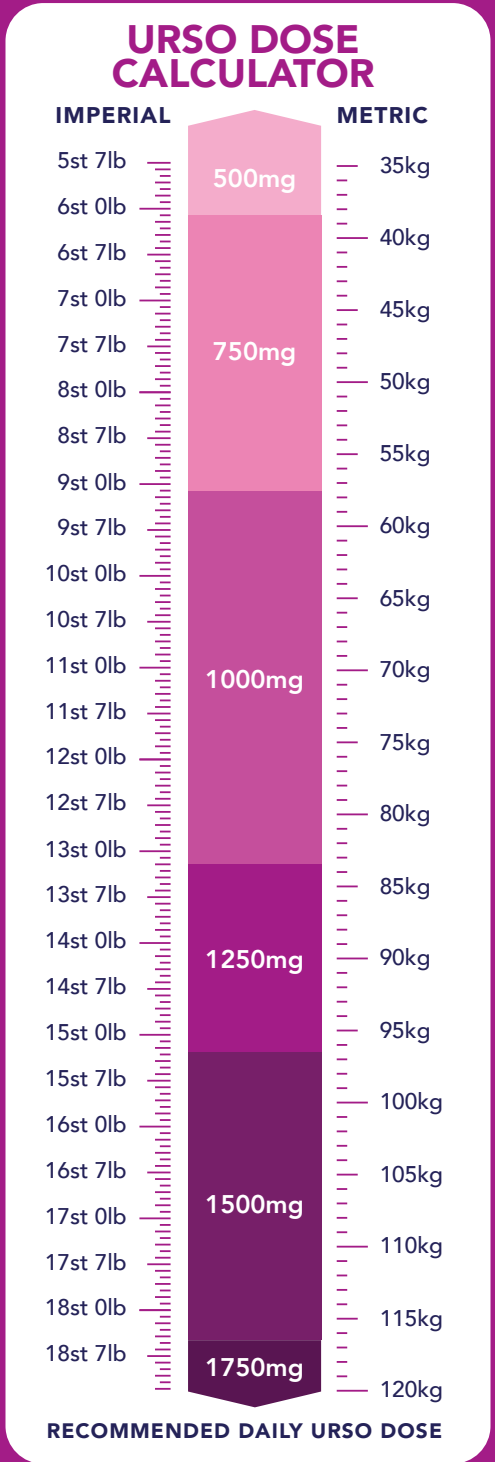
Ursodeoxycholic Acid (also known as Urso or UDCA) is the recommended first line treatment for people with **Primary Biliary Cholangitis** (PBC).

Published research* has shown that, for the majority of patients, **response to Urso** leads to a normal life expectancy. The 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 prognostic benefit from taking Urso every day?

Unfortunately, there are still many PBC patients on too low a dose which can have a number of serious implications.

At the PBC Foundation, we believe the sooner everyone is on the correct dose, the better. Our **Urso Dose Calculator** has been created to help you understand and manage your treatment.



HOW TO USE YOUR URSO DOSE CALCULATOR

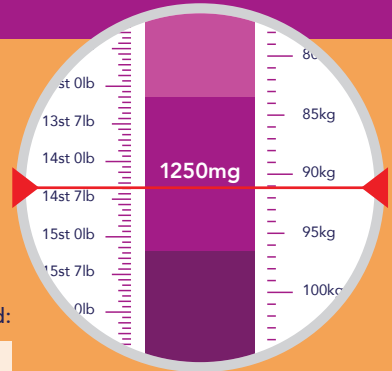
It's extremely important to know your weight as this has a direct relationship with your Urso dose. Remember weight isn't necessarily constant, and many of us will put on or lose some weight over time which has implications for dosing.

We have created the PBC Foundation Urso Dose Calculator to help you understand your dose, keep it handy for future reference and/or when discussing your treatment with a clinician.

Simply find your weight on the Urso Dose Calculator, and you'll see your recommended daily dose next to it on the dosing scale.

Please use this tracker if you would like to keep a personal record:

DATE	WEIGHT	URSO DOSE



The example is based on the standard recommended dose of 13-15mg/kg/day, meaning a person who is **14st 5lb or 91kg** has a recommended daily Urso dose of **1250mg**.

NOTES ABOUT YOUR DOSE:

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 recommended dose, we advise that you discuss with your clinician 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!



For more PBC information and support:

www.pbcfoundation.org.uk

   @PBCfoundation



UDCA Dosing App for Patients is available to download from the Apple and Android App stores.

Dr Falk Pharma UK have supported the printing of this piece with an educational grant.

Designed by Before Creative.

*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'.