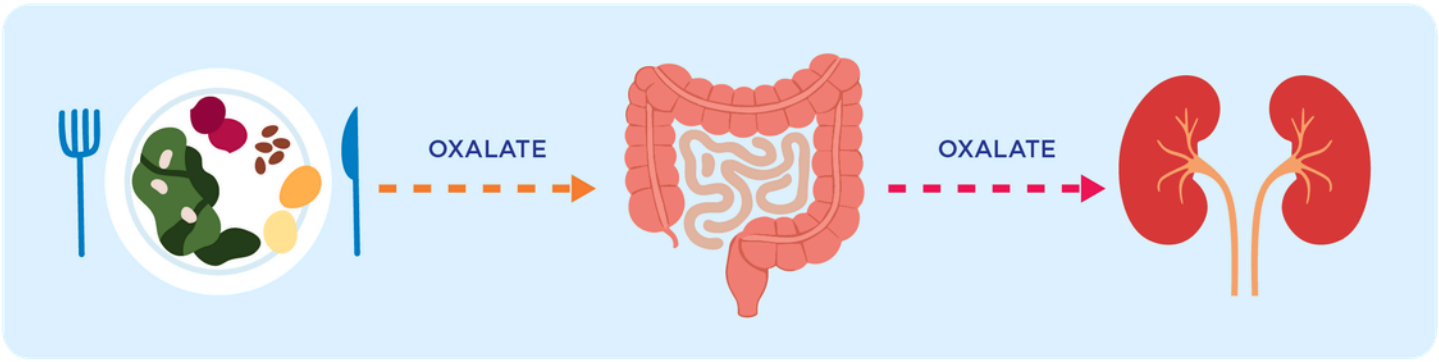
HYPEROXALURIA GLOBAL ALLIANCE
A Community Without Boundaries

Enteric Hyperoxaluria (EH)

A Guide for Patients & Families

What is EH and What Causes It?

Enteric Hyperoxaluria (EH) happens when your body absorbs too much oxalate from food in the digestive tract (also called the gut or intestines).
This causes high levels of oxalate in the urine.



Enteric hyperoxaluria (EH) can happen after certain weight-loss surgeries or in people with digestive conditions like Crohn's disease, short bowel (when part of the small intestine has been removed), or chronic pancreatitis.

When there is too much oxalate in the urine, it can lead to kidney stones and, over time, may affect kidney function. In some cases, it can lead to kidney failure. Symptoms can be different for each person, but may include kidney stones, diarrhea, or unintentional weight loss.

Who Helps with Diagnosis & Care?

Care often involves:

Gastroenterologists
– digestion

Nephrologists
– kidneys

Registered dietitians
– nutrition

Primary care providers
– coordinated care

How EH Is Treated

There is no single treatment. These steps can help protect the kidneys:

Nutrition & Lifestyle

Eat less oxalate
Include calcium with meals
Reduce fat if needed

Hydration

Drink enough fluids to help remove oxalate from the body

Monitoring

Your doctors may check urine oxalate, kidney function, and other labs

Resources & Support

Oxalate Food Guide:
The Oxalosis and Hyperoxaluria Foundation (OHF) offers this guide showing oxalate levels in foods and drinks

Care Team Guidance:
Your doctor or dietitian can give recommendations for your situation

EH can be managed with the right information, care team, and support.

Visit the Hyperoxaluria Global Alliance to learn more or get involved:
WeAreHGA.org

Disclaimer: This guide is for educational purposes only and does not replace medical advice. Always consult your healthcare provider for diagnosis and treatment. The Hyperoxaluria Global Alliance (HGA) is a program sponsored by the Oxalosis & Hyperoxaluria Foundation (OHF).
© 2026 Oxalosis & Hyperoxaluria Foundation. All rights reserved.

HYPEROXALURIA GLOBAL ALLIANCE
A Community Without Boundaries