

# **NOSTONE Trial: Randomized double-blind placebo-controlled trial assessing the efficacy of standard and low dose hydrochlorothiazide treatment in the recurrence prevention of calcareous nephrolithiasis**

**Investigators (alphabetical order):** Patrizia Amico<sup>7</sup>, Giulia Bedino<sup>1</sup>, Olivier Bonny<sup>2</sup>, Florian Buchkremer<sup>3</sup>, Rosaria Del Giorno<sup>14</sup>, Thomas Hernandez<sup>4</sup>, Nasser Dhayat<sup>5</sup>, Nicolas Faller<sup>5</sup>, Daniel Fuster<sup>5</sup>, Luca Gabutti<sup>14</sup>, Irene Koneth<sup>6</sup>, Michael Mayr<sup>7</sup>, Nilufar Mohebbi<sup>8</sup>, Urs Odermatt<sup>9</sup>, Lisa Pellegrini<sup>1</sup>, Alexander Ritter<sup>8</sup>, Beat Roth<sup>10</sup>, Catherine Stoermann-Chopard<sup>4</sup>, Luca Tamò<sup>5,11</sup>, Daniel Teta<sup>12</sup>, Sven Trelle<sup>11</sup>, Reto Venzin<sup>13</sup>

<sup>1</sup>EOC, Ospedale Regionale di Lugano (Civico), Servizio di Nefrologia, Lugano, <sup>2</sup>CHUV, Service de Néphrologie, Lausanne, <sup>3</sup>Kantonsspital Aarau, Nephrologie, Dialyse und Transplantation, Aarau, <sup>4</sup>HUG, Néphrologie, Genève, <sup>5</sup>Inselspital, Universitätsklinik für Nephrologie und Hypertonie, Bern, <sup>6</sup>Kantonsspital St. Gallen, Klinik für Nephrologie und Transplantationsmedizin, <sup>7</sup>Universitätsspital Basel, Transplantationsimmunologie und Nephrologie, Basel, <sup>8</sup>Universitätsspital Zürich, Klinik für die Nephrologie, Zürich, <sup>9</sup>Luzerner Kantonsspital, Nephrologie, Luzern, <sup>10</sup>Inselspital, Universitätsspital für Urologie, Bern, <sup>11</sup>CTU Bern, Clinical Trials Unit, Bern, <sup>12</sup>Hôpital de Sion, Néphrologie, Sion, <sup>13</sup>Kantonsspital Graubünden, Dialyse / Nephrologie, Chur; Switzerland, <sup>14</sup>EOC, Ospedale Regionale Bellinzona e Valli (San Giovanni), Servizio di Nefrologia, Bellinzona

## **Trial Rationale**

Nephrolithiasis is a global healthcare problem with a current lifetime risk of up to 18.8 % in men and 9.4 % in women. Without specific treatment, 5- and 20-year recurrence rates are 40 % and 75 %, respectively. Given the high cost of medical treatments and surgical interventions as well as the morbidity related to symptomatic stone disease, medical prophylaxis for stone recurrence is an attractive approach.

Hypercalciuria is the most common metabolic abnormality encountered in patients with recurrent nephrolithiasis and most stones contain calcium. The effect of thiazides to reduce the risk of stone recurrence has been attributed to their ability to decrease urinary calcium excretion. Efficacy of thiazides for stone prevention was tested in 11 trials in the past. However, all these trials had major methodological deficiencies. Furthermore, high doses of thiazides were employed in all trials, in the case of hydrochlorothiazide (HCTZ) up to 100 mg daily. At such high doses, side effects occur frequently. Nowadays, thiazides are widely used in the treatment of recurrent nephrolithiasis and arterial hypertension, but at significantly lower doses. In the case of recurrent nephrolithiasis, however, this practice is not supported by randomized evidence. Thus, evidence for benefits and harms of thiazides in the prevention of calcium-containing kidney stones in general remains unclear. In addition, the efficacy of the currently employed low dose thiazide regimens to prevent stone recurrence is not known.

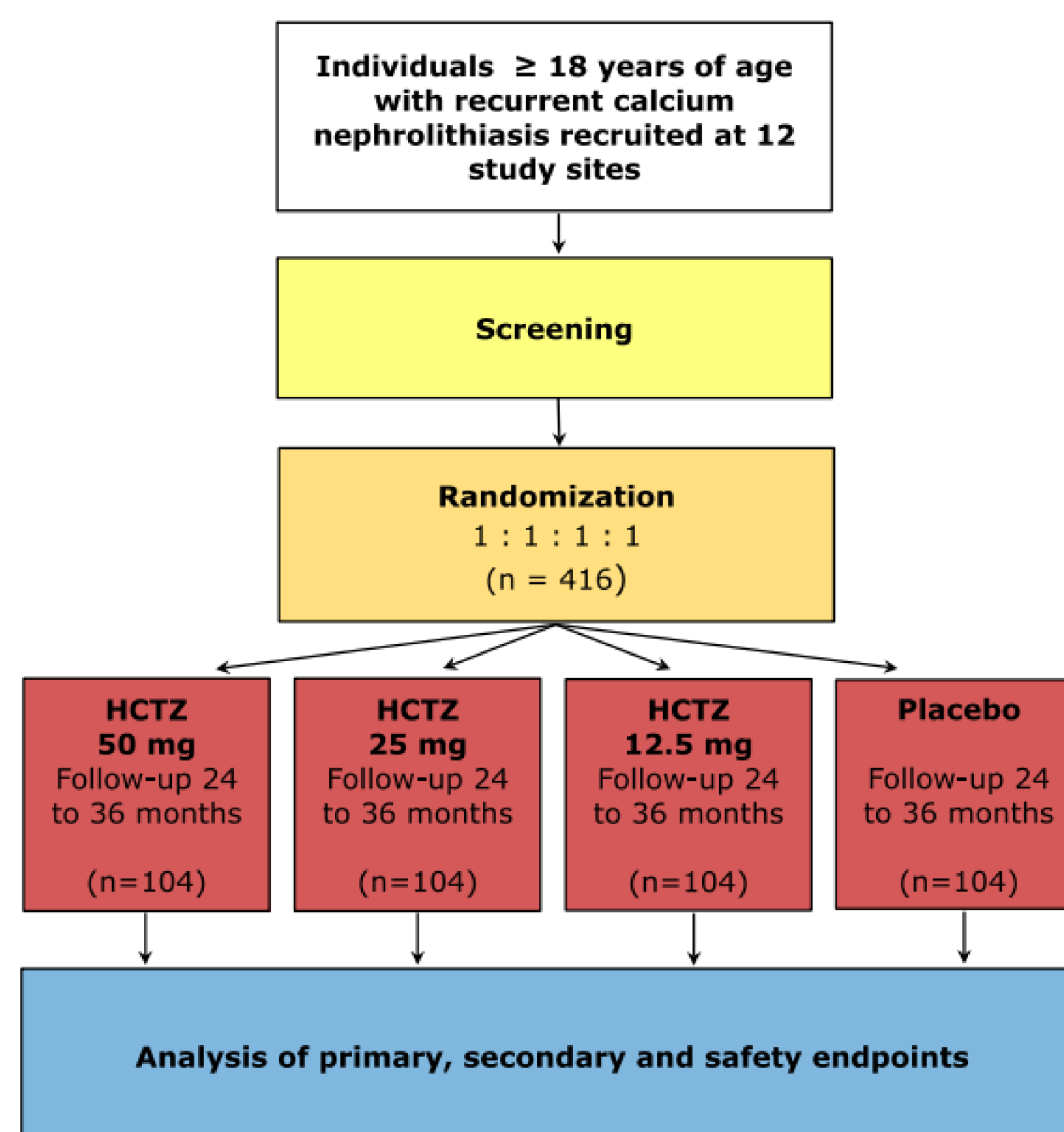
## **Aims and Outcomes**

We plan to assess the efficacy of standard and low dose HCTZ treatment in the recurrence prevention of calcium-containing kidney stones. More specifically, we aim to assess the dose-response relationship for three different dosages of HCTZ.

**Primary outcome:** Incidence of stone recurrence (a composite of symptomatic or radiologic recurrence) during study treatment and dose group.

**Key secondary outcomes:** Individual components of the composite primary outcome, changes in urinary biochemistry elicited by HCTZ treatment and impact of baseline disease severity, biochemical abnormalities and stone composition on treatment response.

## **Treatment Groups and Randomization**



**Fig 1 | Trial design schematic**  
416 patients in total, 104 patients per study arm. Follow-up of 24 or 36 months, respectively. Intention-to-treat analysis.

## **Main inclusion criteria:**

- ≥ 2 stone events within the last 10 years
- Prior stone analysis with ≥ 50% calcium oxalate, calcium phosphate or mixture of both

## **Main exclusion criteria:**

- Patients with secondary causes of recurrent calcareous nephrolithiasis
- Drugs influencing stone progression
- CKD (eGFR < 30 ml/min)

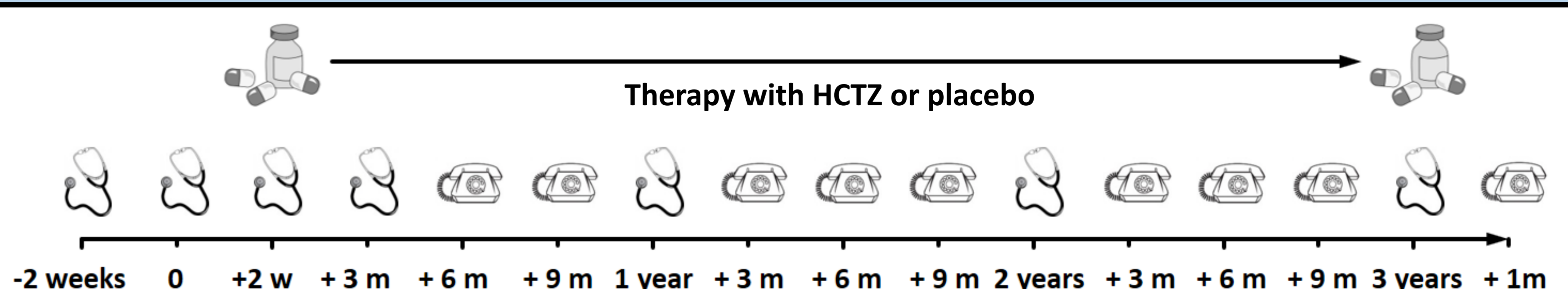
## **Baseline data**

	Overall (n=416)
<b>PATIENT CHARACTERISTICS</b>	
Female	20.40%
Male	79.60%
Age	49.0 [39.0; 55.0]
<b>STONE HISTORY</b>	
Number of stones in the 10 year period prior to randomization?	3.00 [2.00; 4.00]
<b>AVERAGE STONE COMPOSITION</b>	
Calcium oxalate monohydrate	44%
Calcium oxalate dihydrate	32%
Apatite	15%
Brushite	2%
Octacalciumphosphat	4%
Uric acid	1%
Struvite	1%
Cystine	0%
Other	1%

## **Investigational Medicinal Product (IMP)**

HCTZ 12.5 mg, 25 mg or 50 mg once daily po or placebo for 24 or 36 months. Patients in all treatment arms receive state-of-the-art dietary recommendations for stone prevention according to current guidelines.

HCTZ and placebo are prepared by Laboratorium Dr. G. Bichsel AG, Interlaken, Switzerland.



**Fig 2 | Schedule of assessments**  
At baseline (randomization) and at the end of the study, a **low-dose CT** is performed.

**Status of the trial:** recruitment closed on the 31<sup>st</sup> Oct 2019, 416 patients enrolled. FU until August 2021

## **Further information**

Daniel Fuster [daniel.fuster@insel.ch](mailto:daniel.fuster@insel.ch)

[www.nostone.ch](http://www.nostone.ch)

Scan the QR code to download the published study protocol in BMC Nephrology



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