

## QUININE SULPHATE

### **WHAT IT DOES:**

Quinine sulphate is used to help minimize or eliminate painful muscle cramps which may occur as a result of kidney failure and hemodialysis.

### **HOW IT WORKS:**

In kidney disease, a chemical called urea may build up in the body as the kidneys cannot remove it efficiently. High levels of urea may cause muscle cramps, especially in the legs. An imbalance in water and electrolytes (magnesium, sodium, potassium, calcium) can also result in muscle cramping. Sometimes this imbalance occurs during dialysis. This medication may help reduce the contraction of the muscles and relieve the discomfort.

### **HOW TO TAKE IT:**

This medication should be taken once a day 1-2 hours before bedtime. If you usually feel muscle cramping during dialysis, then you should take it 1-2 hours before the dialysis treatment. If necessary, the doctor may prescribe a dose with the evening meal and another dose at bedtime. Take this medication exactly as directed by your doctor. Each capsule should be swallowed whole.

### **WHAT TO DO IF YOU MISS A DOSE:**

If you are supposed to be taking this medication regularly and you miss a dose, **take the missed dose as soon as you remember**. If the next regularly scheduled dose is due within the following 6 hours of taking the missed dose, omit this next dose and then resume your original dosing schedule. Do not double dose to make up for a missed one.

### **POSSIBLE SIDE EFFECTS:**

Stomach upset or vomiting may occur but is usually minimal. More severe symptoms are rare but you should call your doctor immediately if you notice difficulty breathing, swelling of the face, skin rash, fever, difficulty hearing or ringing in the ears, blurred vision, easy bruising, unusual bleeding, fast heartbeat, chest pain, confusion, or delirium.

### **RELATION TO DIET:**

Do not take antacids containing aluminum (e.g. aluminum hydroxide) or sodium bicarbonate within 2 hours of taking this medication. Quinine can be taken with or without food.

**WHY I AM TAKING THIS MEDICINE:**

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