BCRenal
an agency of the Provincial Health Services Authority

Calcium Supplements

calcium carbonate (Tums or Calsan, Apocal, Ocal), calcium acetate, calcium liquid

PHARMACY INFO SHEET

WHAT IT DOES:

Calcium carbonate, calcium acetate and calcium liquid are used to prevent or treat calcium deficiency. Calcium is needed by the body for healthy bones and for muscle function.

HOW IT WORKS:

In kidney disease, the body may no longer absorb and use calcium efficiently. Calcium supplements give your body the calcium it needs to prevent bone disease and muscle pain.

HOW TO TAKE IT:

If your doctor prescribed calcium carbonate or calcium acetate as a calcium supplement, take it between meals.

WHAT TO DO IF YOU MISS A DOSE:

If you forget to take a dose, take it as soon as you remember but not with a meal. If you do not remember the missed dose until the next day, skip the missed dose. DO NOT double your next dose.

RELATION TO DIET:

Dairy products are high in calcium, but usually are limited as they are also high in phosphorus. Calcium supplements help you get enough calcium.

Use the space below to write down why you are taking this medication.