

Calcium Supplements

Calcium Carbonate, Calcium Liquid



What it does:

Calcium carbonate 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 can no longer absorb and use calcium efficiently. Also, kidney disease can cause phosphate to accumulate in the body, which causes low calcium levels in the body especially in the bones. Calcium liquid and calcium carbonate give your body the calcium it needs to prevent bone disease and muscle pain. Regular and activated vitamin D can sometimes be used to help with calcium absorption as well.

How to take it:

If your doctor prescribed calcium as a calcium supplement, take the medication between meals or at bedtime to improve absorption.

What to do if you miss a dose:

If you miss a dose, take the missed dose as soon as you remember. If you do not remember the missed dose until it is time for the next dose (i.e. within 6 hours of your next dose if medication taken as a single daily dose or within 3 hours if medication taken more frequently than once daily), omit the missed dose and resume your regular dosing schedule. **DO NOT DOUBLE YOUR DOSE OR TRY TO “CATCH UP” BY TAKING EXTRA DOSES.**

Possible side effects:

Constipation, diarrhea, intestinal gas and/or stomach discomfort may occur.

If you have problems with constipation, contact your doctor regarding a stool softener or other laxative. Contact your doctor if you experience mood or mental changes, bone pain, muscle weakness, tiredness, or weight loss.

Relation to diet:

Dairy products are high calcium foods, but they are also high in phosphorus. Therefore, dairy products are limited making the renal diet low in calcium. Calcium supplements help you get enough calcium.

Why I am taking this medicine:
