BCRenal
an agency of the Provincial Health Services Authority

# Sodium Bicarbonate

## PHARMACY INFO SHEET

### WHAT IT DOES:

This medication is an alkalinizing agent used to regulate the acid-base balance of your body.

### HOW IT WORKS:

Sodium bicarbonate reduces excess acid in your body. It makes the blood more alkaline.

### HOW TO TAKE IT:

Take this medication according to the directions on the container. Do not take more or less than prescribed. Take after meals if stomach upset occurs.

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

If you forget to take a dose, take it as soon as you remember. If it is within 3 hours of your next dose, skip the missed dose. DO NOT double your dose.

### POSSIBLE SIDE EFFECTS:

Stomach cramps or gas may occur. Contact your doctor if any of the side effects persist or become severe and intolerable. Contact your doctor if you develop unusual tiredness or weakness, confusion, tingling or numbness in hands or feet, swelling of feet or lower legs or excessive thirst.

### RELATION TO DIET:

This medication contains a large amount of sodium. Speak to your dietitian about limiting sodium (salt) in your diet. High sodium foods include processed foods, pickled foods and salt.

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