

## POTASSIUM SUPPLEMENTS

*poe-tass-ee-um*

### What does it do?

*Potassium supplements* increase the amount of potassium in your body.

### Before you start

- Tell your doctor if you have heart, kidney, or bowel problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you take it?

Take *potassium supplements* regularly as directed.

Take the tablets (e.g. Span K®) with food and a glass of water. Swallow the tablets whole.

Dissolve effervescent tablets (e.g. Chlorvescent®) in a glass of water before swallowing. Take with food.

Do not lie down for a few minutes after taking each dose.

### What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

### Can you take other medicines?

Some medicines available without a prescription may react with *potassium supplements* including:

- salt substitutes that also contain potassium (e.g. Lo Salt®)
- supplements that also contain potassium (e.g. Phosphate Sandoz®, Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

### What side effects might you notice?

Side Effects	Recommended action
Change in heartbeat Black bowel motions	Tell your doctor immediately
Abdominal pain Difficult or painful swallowing	Tell your doctor
Nausea, vomiting, diarrhoea	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.