Te Whatu Ora
Health New Zealand
Waitaha Canterbury

CALCIUM SUPPLEMENTS

kal-see-um

What does it do?

Calcium supplements increase the amount of calcium in your body. It is also sometimes used for other conditions.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *calcium supplements* regularly as directed with food.
Tablet: Take with a glass of water.
Effervescent tablet: Dissolve in a glass of water before swallowing.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

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

- antacids (e.g. Mylanta®) or products containing aluminium (e.g. Alu-Tab®), iron (e.g. Ferro-tab®), magnesium (e.g. Chelated Magnesium®) or zinc (e.g. Zincaps®) – do not take these within two hours of *calcium supplements*
- products that also contain calcium (e.g. 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
Symptoms of too much calcium including: vomiting, headache, trouble thinking clearly or concentrating, weakness, peeing more often	Tell your doctor
Stomach upset, constipation	Tell your doctor if troublesome

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