Te Whatu Ora
Health New Zealand
Waitaha Canterbury

PHOSPHATE SUPPLEMENTS

foss-fate

What does it do?

Phosphate supplements increase the amount of phosphate 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 *phosphate supplements* regularly as directed. Dissolve the tablet in water and drink as soon as the fizzing has stopped. You can take it with or without food.

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 *phosphate supplements* including:

- antacids (e.g. Mylanta®) or products containing aluminium (e.g. Alu-Tab®), calcium (e.g. Calci-Tab®), magnesium (e.g. Chelated Magnesium®) or zinc (e.g. Zincaps®) – do not take these within two hours of *phosphate supplements*

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
Diarrhoea	Tell your doctor if troublesome

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