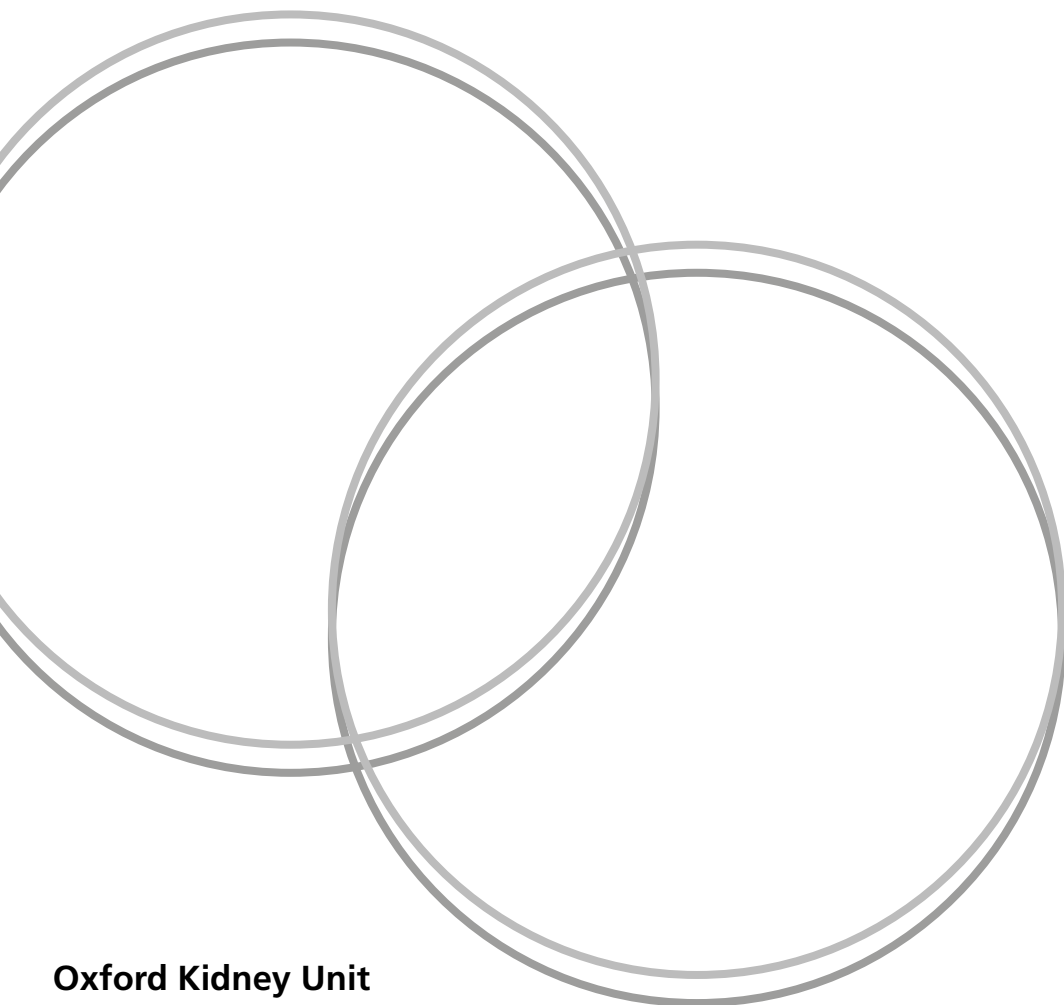




Oxford University Hospitals
NHS Foundation Trust

How to take your phosphate binders

Information for renal patients



Oxford Kidney Unit

What are phosphate binders?

To reduce the amount of phosphate you absorb from your food you may have been prescribed a medicine called a phosphate binder.

Phosphate binders work by binding (attaching) to some of the phosphate in food. This will reduce the amount of phosphate being absorbed into your blood stream.

A list of phosphate binders and how to take them is shown below.

Phosphate binder	How to take it
Calcichew (calcium carbonate)	Chew thoroughly 10-15 minutes before or immediately before food
Renacet (calcium acetate)	Swallow whole after the first 2-3 mouthfuls of food
Phosex (calcium acetate)	
Osvaren (calcium acetate and magnesium carbonate)	
Renagel (sevelamer hydrochloride)	
Renvela tablets (sevelamer carbonate)	
Alucaps (aluminium hydroxide)	
Renvela powder (sevelamer carbonate)	Dissolve in 60ml of water and take after the first 2-3 mouthfuls of food
Fosrenol tablets (lanthanum carbonate)	Chew thoroughly towards the end/immediately after each meal
Fosrenol powder (lanthanum carbonate)	Mix with a small amount of food and eat immediately
Velphoro (sucroferric oxyhydroxide)	Chew thoroughly after the first 2-3 mouthfuls

The phosphate binder you have been prescribed is:

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How many phosphate binders should I take?

You should follow the dose that has been prescribed for you. Your renal dietitian can advise how best to match your phosphate binders to your meal pattern, as well as which snacks require a phosphate binder.

What happens if I forget to take my phosphate binder?

For best results, phosphate binders should be taken as instructed. However, if you do forget to take them at the correct time, you can still take them during the meal or immediately after a meal to have some effect. If you remember at a time later than this, miss that dose and try to remember for your next meal.

Tips for remembering to take your phosphate binders

To help you remember your phosphate binders:

- set an alarm on your mobile phone to go off around meal times
- keep a small pot of phosphate binders in your bag, so you have a supply at all times
- download one of the available medication reminder apps.

If you take insulin with your meals, you could keep your phosphate binders in the same place as your insulin to remind you to take them when eating.

Problems with your phosphate binder

A very small number of people find that they have side effects from their phosphate binders. If this is the case for you, please let your renal dietitian, nurse or doctor know. They may be able to give you advice about an alternative that is more suitable for you.

If your GP or pharmacy have difficulty ordering your prescribed phosphate binders, please let a member of the renal team know. They may be able to help with this or provide an alternative for you.

What happens if you don't take the phosphate binder

If you decide not to take the phosphate binders you are likely to start to experience side effects. These include:

- itching (this could be anywhere over your body)
- bone pain (especially around your shoulder and hip joints)
- tingling in your lips and fingers
- muscle weakness
- gritty and bloodshot eyes
- an increased risk of heart disease and stroke
- an increased risk of bone fracture.

How to contact us

Renal Dietitians

Tel: **01865 225 061**

Please leave a message on the answerphone and one of the team will call you back.

Further information

Oxford Kidney Unit

The website has lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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