

**PATIENT INFORMATION LEAFLET****ELECTROLYTES &  
AGENTS FOR CALORIC & WATER BALANCE****ABOUT** your medicine

The body needs calcium to make strong bones and teeth, and also to ensure proper functioning of your heart, muscles and nervous system. Individuals who are unable to obtain sufficient calcium in their regular diet or who have a need for more calcium may take calcium supplements. These supplements are used to prevent or treat conditions that may cause low calcium in the blood (hypocalcaemia).

Pregnant women, nursing mothers, children, and adolescents may need extra calcium despite having a calcium-rich diet. Adult women may also take calcium supplements to prevent the bone disease, osteoporosis. Osteoporosis, which causes thin, porous, easily-broken bones, may occur in women after menopause and in some elderly men too.

**HOW** should I take the medicine?

The amount of calcium needed to meet recommended daily intake is different in different individuals. Drink a full glass of water when taking a calcium supplement. This supplement is best taken 1 to 1½ hours after meals, unless otherwise stated by your doctor.

What should I do if **I FORGET** a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

E99R0

Keep all medication out of reach of children

Discard all medication that has expired or is no longer required

What are the possible **SIDE-EFFECTS** of the medicine?

Calcium supplements are generally well tolerated. Side-effects may be more likely to occur if calcium is taken in large doses over a long time. These effects include constipation, dryness of mouth, nausea, vomiting, abdominal pain and headache.

What **PRECAUTIONS** should I take?

Do not take calcium supplements within 1 to 2 hours of taking other medicines by mouth.

Do not take other medicines or dietary supplements containing large amounts of calcium, phosphates, magnesium or vitamin D unless directed by your doctor.

Do not consume large amounts of alcohol or caffeine-containing beverages (more than 8 cups of coffee or tea daily).

## **MAGNESIUM**

**ABOUT** your medicine

Magnesium is required for maintaining the electrical stability of cell membranes. It is administered as a dietary supplement for individuals who are deficient in magnesium. Although a balanced diet usually provides sufficient magnesium for the body, supplements may be needed by patients who are deficient in magnesium because of illness or due to treatment with certain medicines. Lack of magnesium may lead to irritability, muscle weakness and irregular heartbeat.

**HOW** should I take the medicine?

Magnesium supplements should be taken with meals. Taking magnesium supplements on an empty stomach may cause diarrhoea.

Keep all medication out of reach of children

What should I do if **I FORGET** a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

What are the possible **SIDE-EFFECTS** of the medicine?

Magnesium supplements are generally well-tolerated. Some patients may experience diarrhoea. Check with your doctor if this continues or is bothersome.

## **ORAL REHYDRATION SALTS**

**ABOUT** your medicine

Oral rehydration salts are used to treat or prevent dehydration (loss of too much salt and water from the body) that may occur with severe diarrhoea, especially in babies and young children. This medicine does not stop diarrhoea but serves to replace water and some important salts (electrolytes) that are lost from the body during diarrhoea e.g. sodium and potassium.

**HOW** should I take the medicine?

Dissolve the powder or effervescent tablet completely in one full glass of cool water, immediately before use. Stir the solution until all the powder or tablet is dissolved.

What should I do if **I FORGET** a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses,

Discard all medication that has expired or is no longer required

please call your physician to check what you should do.

What are the possible **SIDE-EFFECTS** of the medicine?

Vomiting is one of the possible side-effect of oral rehydration salts.

What **PRECAUTIONS** should I take?

Check with your doctor if your diarrhoea does not improve in 1 or 2 days. Signs of dehydration include severe thirst, decrease in the amount and frequency of urination, dizziness, weakness and weight loss.

## **POTASSIUM CHLORIDE**

**ABOUT** your medicine

Potassium is essential to maintain essential body functions. Although a balanced diet usually supplies all the potassium your body requires, you may need supplements if you do not have enough potassium in your regular diet or have lost too much potassium because of illness or treatment with certain medicines.

Lack of potassium may cause muscle weakness, irregular heartbeat, nausea or vomiting. Since taking too much potassium is undesirable, you should take potassium supplements only if directed by your doctor.

**HOW** should I take the medicine?

Swallow the tablet whole with a full glass of water. Do not chew or suck the tablet. Take the tablet immediately after meals or with food to lessen the

possibility of stomach upset or laxative action.

What should I do if **I FORGET** a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

What are the possible **SIDE-EFFECTS** of the medicine?

Some patients may experience diarrhoea, nausea or vomiting, stomach pain, discomfort, or flatulence (gas). These side-effects may abate during treatment as your body adjusts to the medicine.

What **PRECAUTIONS** should I take?

Do not use salt substitutes or consume low-sodium food products unless your doctor has advised you to do so. These products may contain potassium. Check the labels carefully on all low-sodium food products.

Check with your doctor if you notice blackish stools which is a symptom of stomach or intestinal bleeding.

Keep all medication out of reach of children

Discard all medication that has expired or is no longer required

## **SODIUM CHLORIDE & DEXTROSE TABLET**

### **ABOUT** your medicine

Sodium is essential in many essential functions e.g. maintenance of fluid and electrolyte balance. Sodium chloride supplements are needed in situations where the body loses too much sodium.

### **HOW** should I take the medicine?

Swallow the tablet whole with a full glass of water. Do not chew or suck the tablet.

### What should I do if **I FORGET** a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

### What are the possible **SIDE-EFFECTS** of the medicine?

Sodium supplements are generally well tolerated.

### What **PRECAUTIONS** should I take?

Check with your doctor as soon as possible if you have persistent nausea and vomiting, abdominal cramps or swelling in the feet or lower legs.

### How should **I STORE** the medicine?

Store the medicine in a cool, dry place. Protect from moisture, heat and direct light.

---

#### **National University Hospital**

5 Lower Kent Ridge Road, Singapore 119074

Tel: (65) 6779 5555 Fax: (65) 6779 5678

Website: [www.nuh.com.sg](http://www.nuh.com.sg)

Company Registration Number. 198500843R

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing and subject to revision without prior notice.

Keep all medication out of reach of children

Discard all medication that has expired or is no longer required