

Patient Information

## Renal Services

# Phosphate supplements: Information for kidney transplant patients

### What is it used for?

After your transplant phosphate levels in your blood will fall as your kidney begins to work and as a side effect of some of the other medicines you are taking. You may need to temporarily take phosphate tablets to keep your phosphate levels within the normal range. The dose can change depending on your blood results.

### How does it work?

It replaces the phosphate you are losing. Your dietitian will also be able to advise you on foods that you can eat to help increase your phosphate levels if necessary.

### How do I take it?

Depending on which phosphate binder has been prescribed, you may need to dissolve your phosphate tablets in a small glass of water before swallowing them or alternatively swallow them whole. You should take the dose prescribed which may be up to two tablets four times daily but in general the dose depends on your phosphate levels in your blood.

### Are there any side effects?

You might have some diarrhoea. This should improve as the amount of phosphate tablets you take decreases.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7777 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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### Document History

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