

Renal Services

Phosphate supplements: information for kidney transplant patients

What are phosphate supplements for?

After your transplant, phosphate levels in your blood will fall as your kidney begins to work. This is also a side effect of some of the medicines you are taking.

You may need to take phosphate tablets for a short time. This is to keep your phosphate levels within the normal range. Your dose can change depending on your blood results.

How do phosphate supplements work?

Phosphate supplements replace what you are losing. Your dietitian will also be able to advise you on foods that can help increase your phosphate levels.

How to take phosphate supplements

You may need to dissolve your phosphate tablets in a small glass of water before swallowing them, or alternatively swallow them whole. This will depend on which phosphate binder is prescribed. You should take the dose prescribed. This may be up to 2 tablets, 4 times a day. Your dose depends on the phosphate levels in your blood.

Side effects

You may have diarrhoea. This should improve as the amount of phosphate tablets you take is reduced.



Patient Information

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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