

Phosphate Binders

Phosphate binders

If your phosphate remains high or there are reasons why a low phosphate diet may not be suitable for you, then you may require a medication called a phosphate binder.






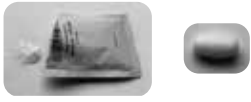


These will be prescribed by your renal doctor. They bind together (soak up) phosphate from your food to help prevent it going into your blood stream (reduce the levels of phosphate in your blood). For these tablets to work it is important to take them with the right foods and at the right time.

How to take your binders

Based on your individual eating pattern your Dietitian recommends taking your binders in the following pattern:

Meal/snack	Number of phosphate binders
Breakfast	
<i>Mid-morning</i>	
Lunch	
<i>Mid-afternoon</i>	
Evening Meal	
<i>Supper</i>	

This is a total of..... tablets per day

Phosphate binder		When to take	How to take
Renacet (calcium acetate 475mg or 950mg)		with food	Swallow whole, larger tablet can be broken in half
Phosex (calcium acetate 1g)		with food	Swallow whole
Calcichew (calcium carbonate 1.25g)		before food	Suck or chew
OsvaRen (Calcium acetate 435mg and magnesium carbonate 235mg)		with food	Swallow whole, can be broken in half
Fosrenal (Lanthanum 500mg, 750mg, 1g tablets or 1g sachet)		immediately after food	Tablet: chew Sachet: mix contents with food (do not mix with water/liquid)
Sevelamer carbonate (800mg tablet or 2.4g sachet)		with food	Tablet: swallow whole Powder: Disperse each sachet in 60ml water and drink
Sevelamer hydrochloride (Renagel 800mg)		with food	Swallow whole
Sucrofenic oxyhydroxide (Velporo 500mg)		with food	Chew

Tips to help you remember your binders

- Keep them in a place you normally eat eg:
 - the cutlery drawer to remind you to take them at every mealtime
 - on the dinner table next to your sauces and pepper.
- Keep a supply with you
 - put your binders in a small pillbox
 - keep in your handbag or car glove box
 - keep some in your pocket

- Put a note on the fridge or cupboard, or on certain foods (eg. write on the yoghurt lid)
- Set an alarm (use your mobile phone)
- Ask someone else to remind you!

Written information cannot replace personalised recommendations. For further advice please seek a dietetic referral from your consultant or GP.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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