

ALUMINIUM HYDROXIDE – PHOSPHATE BINDER

INFORMATION FOR PATIENTS WITH KIDNEY DISEASE

Other Names: Alu-Tabs®



Important note: The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

Why you are taking this medicine?

Kidney disease can cause phosphate to accumulate in the blood. Uncontrolled high phosphate levels may lead to progressive weakening of the bones and may also increase the risk of a heart attack and stroke.

Treatment to lower phosphate levels includes eating a diet low in phosphate and taking phosphate binders. Aluminium hydroxide is a medicine that works as a phosphate binder. Phosphate binders work in the intestine to bind the phosphorus from foods, causing the phosphorus to be removed in the stool rather than being absorbed into the blood.

When to take this medicine

To work effectively as a phosphate binder, aluminium hydroxide tablets need to be swallowed whole and are best taken 10 to 15 minutes before meals or immediately before you start eating. Aluminium hydroxide tablets should be taken regularly as your doctor directs.

If you miss a dose

Take your dose as soon as possible except when it is close to the time for your next dose. If it is almost time for your next dose, skip the missed dose and return to your regular dosing schedule. You should not take two doses at the same time.

Side Effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Call your doctor **immediately** if you have any of these side effects:

- confusion
- unusual tiredness or discomfort
- muscle weakness

Tell your doctor or pharmacist if you have these side effects:

- constipation

This list of side effects is **not** complete. Tell your doctor or pharmacist if any side effect is of a concern to you.

Other Medicines

Tell your doctor or pharmacist if you are taking any other medicine including herbal or complementary products and medicines you can buy without a prescription.

Phosphate binders may interfere with the absorption of certain medicines such as iron supplements, antibiotics, and digoxin.

If you are prescribed any of these drugs, take them at least 1 hour before or 2 hours after your phosphate binder – discuss this with your pharmacist or doctor.

Diet

Avoid or limit high-phosphorus foods/drinks as advised by your doctor and dietitian.

High-phosphorus foods include:

- dairy products (milk, yogurt, cheese, ice cream)
- chocolate
- nuts, peanuts, peanut butter
- bran cereal
- chickpeas, kidney beans
- sausages, kidneys, liver
- canned salmon, sardines
- bacon
- Coca cola, beer

Storage

Keep all medicines out of reach of children.

Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist.