

A medication information leaflet for paediatric patients

## CALCIUM SUPPLEMENT FOR OSTEOPENIA

Other names: CalSource® Ca1000 (effervescent tablets)  
Calcium Sandoz® 1000 (effervescent tablets)



**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

Osteopenia of prematurity is common in low birth weight premature babies. They are born with low bone density and low bone strength and this puts them at risk of developing fractures or rickets. This condition is treated with nutritional supplements to promote bone growth. These include Vitamin D (Vitadol C) and calcium and sometimes phosphate mineral supplements.

### To prepare the calcium solution

In order to give your baby the prescribed dose of calcium supplement, it is prepared in the following way:

1. Take **ONE** calcium effervescent tablet (1,000mg) and dissolve it in 15mL of water [CalSource®Ca1000 or Calcium Sandoz® 1000 tablet].
2. When the tablet has dissolved add extra water to make the solution up to a 25mL volume.
3. The strength of this solution is calcium 1 mmol/mL

### Directions

1. Give \_\_\_\_\_ mL of this solution \_\_\_\_\_ time(s) per day
2. Give the doses at [time(s)]: \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_

**Do not give at the same time of the day as phosphate supplements**

Make up a fresh solution for each dose and then throw away the leftover solution

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