

CALCIUM SUPPLEMENT FOR OSTEOPENIA

Children's medication information leaflet



Other names: Cacit® (effervescent tablets) contain 500mg of calcium

Calcium Sandoz® Forte (effervescent tablets) contain 500mg of calcium

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 (Puria) 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 (500mg) and dissolve it in 20mL of water [Cacit® or Calcium Sandoz® Forte 500mg].
2. When the tablet has dissolved (stopped bubbling) add extra water to make the solution up to a 25mL in volume.
3. This solution contains calcium 0.5 mmol/mL or 20mg/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 – calcium supplements should be given at least two hours before or two hours after 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.