

PHOSPHATE SUPPLEMENT FOR OSTEOPENIA

Children's medication information leaflet



Other names: Phosphate Phebra®

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), calcium and/or phosphate mineral supplements.

If your baby has been prescribed a phosphate supplement and in order to give the required dose you will need to make a solution from Phosphate Phebra Effervescent tablets.

To prepare the phosphate solution

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

1. Take **ONE** Phosphate Phebra tablet and add 19mL of water.
2. Allow the tablet to completely dissolve before measuring the dose.
3. The strength of this solution is phosphate 0.8 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 calcium supplements

The phosphate solution may be kept in the fridge for **24 hours**, any leftover solution should be discarded (thrown away).

Make up a fresh solution each day

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