

# Vitamin E

---

## What it does:

Vitamin E is used to relieve the discomfort of leg cramps.

## How it works:

The exact cause of leg cramps is unknown but it may be related to changes in the electrolytes in the body, build-up of waste products or fluid removal during hemodialysis. It is unclear how vitamin E works in leg cramps but it has been shown to work in some patients in some studies.

## How and when to take it:

The dose is usually taken once daily, with or without food, but take it exactly as directed by your doctor.

## What to do if you miss a dose:

If you miss a dose, take the missed dose as soon as you remember. If it is the next day, take the next dose as scheduled.

**DO NOT DOUBLE YOUR DOSE TO MAKE UP FOR A MISSED ONE.**

## Possible side effects:

Side effects from low dose vitamin E are not common. Vitamin E may increase the risk of bleeding especially if it is used with other blood thinner. Tell your doctor or pharmacist if you notice more bruising, nose bleed, bleeding while brushing your teeth or black tarry stool.



Use the space below to write down why you are taking this medication and other notes.

---

---

---

---

---

---

---

---

---

---