

Phosphate Binders

What it does:

- Treat high blood phosphorus levels by binding to phosphate from foods.
- Lowers the amount of phosphorus absorbed from food to keep your bones and blood vessels healthy.
- Calcium preparations may also be prescribed as calcium supplements. Use them only as prescribed.

How it works:

- Kidney disease can cause too much phosphorus to build up in your body which may result in bone and blood vessel disease
- Phosphate binders work in the intestine and binds to the phosphorus from foods, causing the phosphorus to be removed in the stool rather than being absorbed into the blood.

How to take it:

- Take it just before eating so that it can bind the phosphorus in the food.
- If you forget to take it before your meal, you can still take it within 30 minutes after you start eating. If you miss a dose and within 30 minutes of eating, take your usual dose. If it is more than 30 minutes since you ate then skip the dose.
- Ask to speak to your dietitian about food sources of phosphorus, in particular phosphorus additives that come from prepared and processed food.

- Some medicines do not work as well if they are taken with phosphate binders. These include iron pills, some antibiotics, digoxin, ranitidine, anti-seizure and heart rhythm medications. Take these medicines 1 hour before or 3 hours after your phosphate binder.

Special considerations for Sevelamer:

- Swallow the tablet whole; do not cut, crush or chew the tablet. Contents of sevelamer tablets expand in water and could cause choking if cut, chewed or crushed.

Possible side effects:

- Constipation, diarrhea, intestinal gas and/or stomach discomfort may occur.