



# CALCIUM SUPPLEMENTS

*kal-see-um*

## What does it do?

*Calcium supplements* are used to treat and prevent osteoporosis, and sometimes for other conditions.

## Before you start

- Tell your doctor if you have kidney, heart, parathyroid or bone (other than osteoporosis) problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you take it?

Take *calcium supplements* as directed with food and a glass of water.  
Dissolve the effervescent tablets in a glass of water before swallowing.

## What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

## Can you take other medicines?

Some medicines available without a prescription may react with *calcium supplements* including:

- supplements containing iron (e.g. Ferro-Tab®), magnesium (e.g. Chelated Magnesium®) or zinc (e.g. Zincaps®) – do not take these within two hours of *calcium supplements*
- supplements that also contain calcium (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

## What side effects might you notice?

Side Effects	Recommended action
Symptoms of too much calcium, including: nausea, headache, confusion, weakness, peeing more often	Tell your doctor
Stomach upset, constipation	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.