Te Whatu Ora
Health New Zealand
Waitaha Canterbury

CALCITRIOL

kal-sit-tree-ol

What does it do?

Calcitriol increases the amount of vitamin D in your body. It is also used for other conditions such as osteoporosis (weak bones).

Before you start

- Tell your doctor if you have kidney problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *calcitriol* regularly as directed with a glass of water.

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 *calcitriol* including:

- orlistat (Xenical®)

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 vitamin D including: headache, confusion, vision changes, weakness, tiredness, dry mouth, metallic taste, feeling thirsty, loss of appetite, irregular heartbeat, muscle pain, stomach pain, nausea, vomiting, constipation, peeing more often.	Tell your doctor

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

Other information:

- You need enough calcium in your diet to make sure *calcitriol* works properly for you. Discuss with your health professional.