Te Whatu Ora
Health New Zealand
Waitaha Canterbury

SODIUM SUPPLEMENTS (tablet)

so-dee-um

What does it do?

Sodium supplements increase the amount of sodium in your body.

Before you start

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

How should you take it?

Take *sodium supplements* regularly as directed with a glass of water. You can take it with or without food.

Slow-release tablet: Swallow whole – do not crush or chew.

Liquid: Measure each dose carefully with an oral syringe or measuring spoon.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

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?

Sodium supplements are unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.

Other information:

- *Sodium supplements* contain sodium chloride – this is the same as table salt. Discuss your salt intake with your doctor.
- You may see the leftover shell of the tablet in your bowel motions – this is nothing to worry about.