

## 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, kidney or bowel 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. Take the tablets with food and a glass of water. Swallow the tablets whole.

### 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?

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 sodium, including: thirst, headache, dizziness, muscle twitching, weakness, irritability, confusion, swelling, changes in heartbeat | Tell your doctor   |

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

### Other information:

- *Sodium supplements* contain sodium chloride – this is the same as table salt. There is also sodium chloride (salt) in your diet – discuss with your doctor.
- You may see the leftover shell of the tablet in your bowel motions – this is harmless.
- *Sodium supplements* is not registered for use in New Zealand. Discuss with your doctor.