ALFACALCIDOL

al-fah-kal-sid-ol

What does it do?

Alfacalcidol is a type of vitamin D. It increases the amount of vitamin D in your body.

Before you start

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

How should you take it?

Take *alfacalcidol* regularly as directed. You can take it with or without food.
Capsule: Take with a glass of water.
Liquid: Do not shake the bottle. Measure carefully using the dropper provided.

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?

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

- products that also contain vitamin D (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 vitamin D including: vomiting, headache, trouble thinking clearly or concentrating, weakness, 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 *alfacalcidol* works properly for you. Discuss with your health professional.
- Store *alfacalcidol* drops in the fridge. They expire 4 months after opening. If you have any drops leftover after this time, take it back to your pharmacy.