

# Calcium resonium

Also called calcium polystyrene sulfonate

## What is calcium resonium?

Calcium resonium is used to treat high potassium levels (hyperkalaemia). This is when there is too much potassium in your blood. Calcium resonium binds to potassium in your digestive tract and helps prevent your body from absorbing too much potassium. People with severe kidney disease often have high potassium levels as the kidney is unable to remove potassium from the body.

## Dose of calcium resonium

In New Zealand, calcium resonium is available as a powder. The dose will be different for different people, depending on your potassium levels, how often you have dialysis and your response to treatment.

**Adults:** Usually 15 grams 3-4 times daily, some people may only need once daily or some days of the week.

**Children:** The dose depends on how much the child weighs.

How long you need to take calcium resonium will depend on the level of potassium in your blood. Your doctor will check your potassium levels, with a blood test to make sure you are taking the right dose, if other medicines have changed, or if you have been unwell.

Take your dose as your doctor has told you. The pharmacy label will tell you how much to take, how often to take it, and any special instructions. If you are not sure, ask your doctor or pharmacist

## How to take calcium resonium

### Measuring your dose

Use the scoop provided measure your dose. The scoop measures 15 grams of powder when filled and levelled. You can use ONE level tablespoon if there is no scoop in the container.



### Mixing the powder

Mix the powder with a little water. If you don't have diabetes, you can mix it with jam or honey for taste. DO NOT MIX WITH FRUIT JUICE OR MILK, as these are high in potassium. Use the mixture straight away. If you also take lactulose liquid, you can mix this with calcium resonium (see below).

## Taking calcium resonium with lactulose

### You may also be taking lactulose

- Lactulose helps you pass bowel motions to get rid of potassium from the body.
- Lactulose helps prevent constipation, a side effect of calcium resonium.
- You will need to keep your bowels working so the potassium can leave your body; 1-2 soft motions per day is ideal.
- If you must restrict your fluid intake, you can mix lactulose with calcium resonium. They may not fully mix, and that's ok.

## Sorbitol

Sorbitol is used as a sweetener in chewing gum, diet drinks, baked goods, or frozen desserts. It is best to avoid sorbitol because it can increase your risk of side effects.

## Taking other medicines

- Take calcium resonium at least 3 hours before or 3 hours after other medicines. Ask your doctor or pharmacist about timing your medicines.
- Taking other medicines at the same time as calcium resonium may prevent your body from absorbing the medicine, and it may not work as well as it should.
- Tell your doctor or pharmacist about other medicines you are taking, including over-the-counter medicines, herbal and complementary medicines or recreational drugs. Your doctor or pharmacist will be able to check for any interactions.

## Missed doses

If you forget your dose, take it as soon as you remember. If it is nearly time for your next dose, just take the next dose at the right time. Do not take 2 doses close together.

## What are the side effects of calcium resonium?

Calcium resonium can cause side effects, although not everyone gets them.

### Common side effects

These are usually mild and go away with time. Talk to your healthcare team if these side effects cause you problems or don't go away:

- constipation (unable to poo)
- nausea (feeling sick)
- indigestion
- diarrhoea (runny poo)
- muscle cramps loss of appetite.

### Rare, serious side effects

Contact your healthcare team or Healthline 0800 611 116 immediately if you notice these symptoms or side effects and tell them you are taking calcium resonium:

- swelling of the face, lips, mouth or throat
- hives or itchy skin.