



Patient & Family Guide

2023

**Cinacalcet
(Sensipar®) for
Secondary
Hyperparathyroidism
in Chronic Kidney
Disease (CKD)**



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Cinacalcet (Sensipar®) for Secondary Hyperparathyroidism in Chronic Kidney Disease (CKD)

What is secondary hyperparathyroidism?

- Secondary hyperparathyroidism is a condition that can be caused by chronic kidney disease (CKD). It happens when your kidneys cannot filter out waste products the right way. This leads to too much parathyroid hormone in your blood.
- Parathyroid hormone balances the amount of calcium and phosphorus (a mineral that builds strong bones and teeth) in your blood. This keeps your bones, heart, muscles, nerves, and blood vessels working well. Too much of this hormone pushes calcium out of your bones. This makes your bones weaker and can cause calcium deposits to form in your heart, lungs, and blood vessels.

What is cinacalcet?

- Cinacalcet (sin-a-KAL-cet) is a medication that lowers the amount of parathyroid hormone in your blood. This will help to balance the amount of calcium and phosphorus in your blood.
- Sensipar® is the brand name for cinacalcet.

How do I take cinacalcet?

- Take this medication once a day. Take it with food or right after eating.
- Swallow the tablet whole. **Do not cut it in half. Do not** crush, chew, dissolve, or break it.
- Take cinacalcet at the same time each day.
- **Do not** miss any doses. If you forget to take a dose, skip it. Take your next dose at the usual time. **Do not take a double dose.**

Blood tests

You will need to have regular blood tests. These tests will measure your levels of parathyroid hormone, calcium, and phosphorus.

What are the possible side effects?

- Like all medications, cinacalcet may cause side effects. The most common side effects are:
 - › Nausea (feeling sick to your stomach)
 - › Vomiting (throwing up)
 - › Diarrhea (loose, watery poop)
 - › Muscle pain
- Rare side effects include:
 - › Seizures (a short release of electrical energy in the brain). This is more likely if you have had seizures before.

Tell your renal health care team if these symptoms are very bad or do not go away after 2 weeks (14 days).

How do I store this medication?

- Store cinacalcet at room temperature (15 to 30° C/59 to 86° F).
- Store it out of children's reach.



Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.