

Lanthanum (Fosrenol®) and Chronic Kidney Disease (CKD)

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What is lanthanum (Fosrenol®)?

- Lanthanum (LAN-tha-num) is a medication used to lower the amount of phosphorus (a mineral that builds strong bones and teeth) in your blood.
- Lanthanum binds (attaches) to the phosphorus in the foods you eat and stops your body from taking it in. The phosphorous then leaves your body when you go to the bathroom (pee or poop).
- Fosrenol® is the brand name for lanthanum.

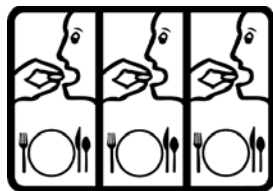
Why does someone with CKD need this medication?

- A person with chronic kidney disease (CKD) is less able to remove phosphorus from their body. When there is too much phosphorus in your blood, it pushes calcium out of your bones. This makes your bones weaker. Hemodialysis can remove some of the extra phosphorus, but you may need a medication like lanthanum to remove more.

Many foods have a lot of phosphorus.
Ask your dietitian to help you choose
food with less phosphorus.

How do I take lanthanum?

- Chew the tablet fully before you swallow it.
Do not swallow the tablet whole.
- Take lanthanum with each meal.
- **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.**



What are the possible side effects?

- Like all medication, lanthanum may cause side effects. These include:
 - › Nausea (feeling sick to your stomach)
 - › Vomiting (throwing up)
 - › Stomach cramps
 - › Diarrhea (loose, watery poop)

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 lanthanum at room temperature (15 to 30° C/59 to 86° F).
- **Do not** store it in a damp area (like a bathroom).
- Store 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.