

Sevelamer (Renagel® or Renvela®) and Chronic Kidney Disease (CKD)

Sevelamer (Renagel® or Renvela®)

What is sevelamer (Renagel®)?

- Sevelamer (se-VEL-a-mer) is a medication that lowers the amount of phosphorus (a mineral that builds strong bones and teeth) in your blood.
- Sevelamer 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 pee or poop.
- Renagel® and Renvela® are brand names for sevelamer.

If you have any questions, talk to a member of your health care team, like your pharmacist, nurse practitioner, nurse, or doctor.

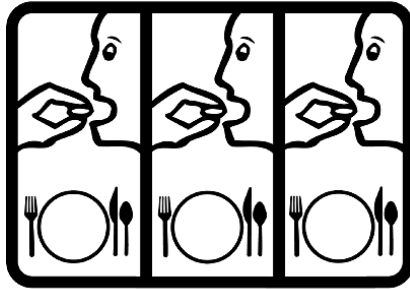
Why do I need to take this medication?

- 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 sevelamer to remove more.

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

How do I take sevelamer?

- Take sevelamer with meals, as told by your health care team.



- Swallow the pill whole. **Do not** crush, chew, dissolve, or break it.



- **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 2 doses at the same time.**

What are the possible side effects?

- Like all medications, sevelamer may cause side effects. These include:
 - › Nausea (upset stomach)
 - › Vomiting (throwing up)
 - › Diarrhea (loose, watery poop)
 - › Stomach pain or indigestion (like heartburn or bloating)
 - › Constipation (not being able to poop)
- **Tell your renal health care team if these symptoms are very bad or do not go away after 14 days (2 weeks).**

How do I store this medication?

- Store sevelamer at room temperature (15 to 30 °C or 59 to 86 °F).
- **Do not** store it in a damp area (like a bathroom).
- Store it out of the reach of children and pets.



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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

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

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