

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

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What is lanthanum (Fosrenol®)?

- Lanthanum (LAN-tha-num) is a medication that lowers 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 phosphorus then leaves your body when you pee or poop.
- Fosrenol® is the brand name for lanthanum.

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

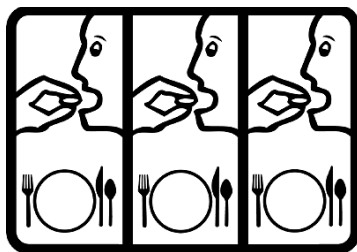
Why do I need to take this medication?

- 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 lanthanum 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 lanthanum?

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



- **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, lanthanum may cause side effects. These include:
 - › Nausea (upset 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 14 days (2 weeks).**

How do I store this medication?

- Store lanthanum 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>

Prepared by: Renal Program

Illustration by: © The United States Pharmacopeial Convention, Inc.

Designed and Managed by: Library Services

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To be reviewed September 2029 or sooner, if needed.

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