

How do I store my Tums®?

- Store at room temperature (15 to 30 °C) and away from damp areas like the bathroom.
- Store out of reach of children and pets.

What are your questions?

Please ask. We are here to help you.

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
Designed and Managed by: Nova Scotia Health Library Services

WQ85-1514 © December 2023 Nova Scotia Health Authority
To be reviewed December 2026 or sooner, if needed.
Learn more: <https://library.nshealth.ca/patient-education-resources>

Tums® (Calcium Carbonate) and Chronic Kidney Disease (CKD)

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What is Tums® (calcium carbonate)?

- Tums® is a medication used to treat high levels of phosphorus in the body. Phosphorus is a mineral that helps you have strong bones and teeth. Too much phosphorus can build up in your body when your kidneys do not work well.
- Calcium carbonate (Tums®) sticks to the phosphorus in the foods you eat. The phosphorus is removed through your bowel when you go to the bathroom. This stops your body from taking extra phosphorus in.

Why do people with CKD need this medication?

- People with CKD are less able to remove phosphorus from the body. When there is too much phosphorus in your blood, it pushes the calcium out from your bones. This makes your bones weaker. Dialysis can take out some of the extra phosphorus, but medications like Tums® are often needed to help remove more.

- Calcium carbonate is sold under many different brand names. Tums® is available in different flavours and strengths. It is important to tell your health care team which brand and strength you are using. This will help us make sure you are taking the right amount of medication for your needs.

Type of Tums®	Strength
Tums® Regular Strength	500 mg
Tums® Extra Strength	750 mg
Tums® Ultra Strength	1000 mg

How do I take Tums®?

- Chew a Tums® tablet fully before you swallow it.
- You must take a Tums® with each meal for it to work.

Are there any side effects?

- Like all medications, this drug may cause side effects. These include:
 - › Constipation (not being able to poop)
 - › Stomach pain
 - › Swollen stomach
 - › Gas

Tell your health care provider if these symptoms get worse or do not go away.