



Patient & Family Guide

2023

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



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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 phosphorus then leaves your body when you go to the bathroom (pee or poop).
- Renagel® is one brand name for sevelamer.

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 sevelamer to remove more.

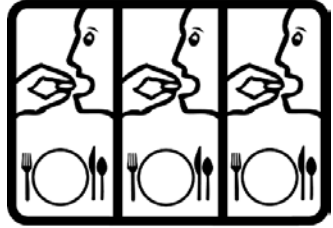
Many foods have a lot of phosphorus. Ask your dietitian to help you choose food with less phosphorus.

How do I take sevelamer?

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



- Take sevelamer with meals, as directed.
- **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 medications, sevelamer may cause side effects. These include:

- › Nausea (feeling sick to your 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 2 weeks (14 days).

How do I store this medication?

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

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

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