



Patient & Family Guide  
2019

# Lanthanum (Fosrenol<sup>®</sup>) and Chronic Kidney Disease (CKD)



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

## What is lanthanum (Fosrenol®)?

Lanthanum (LAN-tha-num) is a medicine used to treat high levels of phosphorus (a mineral that builds strong bones and teeth) in the body. 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 go to the bathroom. Fosrenol® is a brand name for lanthanum.

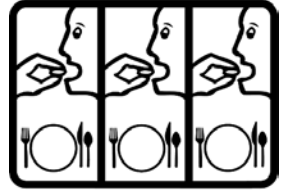
## Why does someone on hemodialysis need this medicine?

People with kidney disease are less able to remove phosphorus from the body. When phosphorus levels in the blood get too high, it pushes calcium out from your bones. This makes them weaker. Hemodialysis can remove some of the extra phosphorus, but medicines such as lanthanum are often needed to help remove more.

Many foods have a lot of phosphorus. Ask your dietitian to help you choose foods that are lower in phosphorus.

## How do I take lanthanum?

- Chew a lanthanum tablet completely before you swallow it. **Do not swallow the tablets whole.**
- Take lanthanum with each meal.
- Do not miss any doses. If you forget a dose, then skip it. Take your next dose at the usual time. **Do not take a double dose.**



## What are the possible side effects?

Like all medicines, lanthanum may cause side effects. These include:

- › nausea (feeling sick to your stomach)
- › vomiting (throwing up)
- › stomach cramps
- › diarrhea

Tell your health care provider if these symptoms are very bad or do not go away.

# How do I store this medicine?

- Store lanthanum at room temperature and away from damp areas like the bathroom.
- Store out of children's reach.



## Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

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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*Prepared by: NSHA Renal Program*

*Illustrations by: © The United States Pharmacopeial Convention, Inc.*

*Designed by: NSHA Library Services*

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WQ85-1466 © September 2019 Nova Scotia Health Authority

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