

Tums[®] (Calcium Carbonate) and Kidney Disease

Aussi disponible en français :
*Tums^{MD} (carbonate de calcium) et
maladies rénales (FF85-2236)*



www.nshealth.ca

Tums[®] (Calcium Carbonate) and Kidney Disease

What is Tums[®] (calcium carbonate)?

Tums[®] is a medicine 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 the body when kidneys don't work well.

Calcium carbonate, often known as Tums[®], sticks to the phosphorus in the foods you eat. The phosphorus is removed through the bowel when you go to the bathroom. This stops your body from taking extra phosphorus in.

Why do people with kidney disease need this medicine?

People with kidney disease are less able to remove phosphorus from the body. When there is too much phosphorus in the blood, it pushes the calcium out from your bones. This makes your bones weaker. Dialysis can take out some of the extra phosphorus, but medicines such as 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 medicine for your needs.

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

How do I take Tums®?

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

What are your questions?

Please ask. We are here to help you.

Are there any side effects?

Like all medicines, 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.

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.

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 Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Renal Program

Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

WQ85-1514 © August 2020 Nova Scotia Health Authority

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