



PHOSPHORUS SUPPLEMENT - INFORMED CONSENT FOR MEDICATION

<u>Medication Category:</u> Phosphorus Supplement	<u>Medications in this Category:</u> potassium phosphate, sodium phosphate (K-Phos, Neutra-Phos)
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Anticipated dosage range: _____

About Your Medicine: Phosphorus is naturally occurring substance that is important in every cell in the body. Potassium phosphate and sodium phosphate is used as a phosphorus supplement to prevent and/or treat a phosphorus deficiency.

Side Effects: Stop taking potassium phosphate and sodium phosphate and seek emergency medical attention if you experience an allergic reaction (difficulty breathing; closing of your throat; swelling of your lips, tongue or face; or hives). Other less serious side effects may also occur: nausea, vomiting, stomach pain, and diarrhea are among the most common. These side effects usually lessen after a few days of therapy. Notify your prescriber if you develop these side effects. If you have kidney stones, there is a possibility that you will pass old stones after starting treatment with potassium phosphate and sodium phosphate. Less commonly, the following side effects have been reported: headache; dizziness or confusion; weakness or heaviness of the legs; diarrhea; seizures; unusual weight gain; increased thirst; decreased urine; or bone or joint pain. Notify your prescriber if you develop any of the side effects listed above. Side effects other than those listed here may also occur. Talk to your prescriber about any side effect that seems unusual or that is especially bothersome.

Precautions: You cannot take potassium phosphate and sodium phosphate if you have high levels of potassium in your body, high levels of phosphorus in your body, infected phosphate stones, or severe kidney disease. Before taking potassium phosphate and sodium phosphate, tell your prescriber if you have Addison's disease, a bowel obstruction, heart disease, high blood pressure, kidney disease, liver disease or cirrhosis, swelling or water retention, high levels of sodium in your body, low levels of calcium in your body, hypoparathyroidism, pancreatitis, or rickets. You may not be able to take potassium phosphate and sodium phosphate, or you may require a lower dose or special monitoring if you have any of the conditions listed above. Potassium phosphate and sodium phosphate is in the FDA pregnancy category C. This means that it is not known whether potassium phosphate and sodium phosphate will harm an unborn baby. Do not take this medication without first talking to your prescriber if you are pregnant. It is also not known whether potassium phosphate and sodium phosphate will harm a nursing infant. Do not take potassium phosphate and sodium phosphate without first talking to your prescriber if you are breast-feeding your baby.

How should I take potassium phosphate and sodium phosphate? Take potassium phosphate and sodium phosphate exactly as directed by your prescriber or as directed on the package. Take each tablet with a full glass of water. The K-Phos original tablets should be dissolved in 6 to 8 ounces (180 to 240 mL) of water. Let the tablets soak for 2 to 5 minutes, or more if necessary, and stir. If tablet particles remain, they can be crushed and stirred to speed dissolution. Drink the solution once the tablets are completely dissolved. Do not swallow the Neutra-Phos capsules whole. They must be opened, and the contents mixed with water. Mix the Neutra-Phos powder and capsule contents with 75 mL (approximately one-third cup) of water, and drink the solution.

Do not take more of this medication than is recommended. If your symptoms are not being treated, notify your doctor.

What happens if I miss a dose? Take the missed dose as soon as you remember. If it almost time for your next does, skip the missed dose and take only the next regularly scheduled dose. Do not take a double dose of this medication unless directed.

What happens if I overdose? Seek emergency medical attention. Most commonly, symptoms of an overdose include nausea, vomiting, diarrhea, dehydration, and severe and prolonged muscle cramps or paralysis.

What other drugs will affect potassium and sodium phosphate? Do not take antacids containing aluminum, calcium, or magnesium while taking potassium phosphate and sodium phosphate, except under the supervision of your prescriber. Antacids may decrease phosphate absorption. Before taking potassium phosphate and sodium phosphate, tell your prescriber if you are taking any of the following medicines: calcium and/or vitamin D supplements; potassium supplements or salt substitutes; a diuretic (water pill) such as triamterene (Dyrenium, Dyazide, Maxzide), spironolactone (Aldactone), or amiloride (Midamore); a heart medication such as guanethidine (Ismelin), diazoxide (Hyperstat, Proglycern), hydralazine (Apresoline), methyldopa (Aldomet), or reserpine (Ser-Ap-Es); or a steroid medicine such as corticotrophin (ACTH, Acthar), cortisone (Cortone), hydrocortisone (Cortef, others), prednisone (Orasone, Deltasone, others), prednisolone (Prelone, Prediapred, Delta-Cortef, others), methylprednisolone (Medrol, others), triamcinolone (Aristocort, Kenalog, Tri-Kort, Trilog, others), dexamethasone (Decadron), or betamethasone (Celestone). You may require a dosage adjustment or special monitoring if you are taking any of the medicines listed above. Drugs other than those listed here may also interact with potassium phosphate and sodium phosphate. Talk to your prescriber and pharmacist before taking these medications.

By my signature below, I give consent for the above-named medication to be administered and for a change of medication within this medication category. My signature also indicates that I am aware of, have read and discussed the reasons for the use of this medication, and its potential risks and benefits.

Client Signature: _____ Date Signed: _____

Witness Signature: _____ Date Signed: _____