



POTASSIUM SUPPLEMENT – INFORMED CONSENT FOR MEDICATION

<u>Medication Category:</u> Potassium Supplement	<u>Medications in this Category:</u> potassium chloride (Cena K, Blu-K, K+Care, K-10, K-Dur, K-Lor, K-Norm, K-Tab, Kaochlor, Kaon-Cl, Kato, Kay Ciel, Klor-Con, Klorvess, Klortix, Micro-K, Slow-K, Ten-K)
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Anticipated dosage range: _____

About Your Medicine: Potassium is a mineral that is found naturally in foods and is necessary for many normal functions of the body, especially beating of the heart. Potassium chloride is used to prevent or to treat a potassium deficiency. Potassium chloride may also be used for purposes other than those listed in this medication guide.

Side Effects: If you experience any of the following serious side effects, stop taking potassium chloride and seek emergency medical attention or contact your prescriber immediately: an allergic reaction (difficulty breathing; closing of the throat; swelling of the lips, tongue, or face; or hives); confusion; an irregular heartbeat; difficulty breathing; unusual fatigue, weakness, or heavy legs; abdominal pain or severe cramping; black, bloody or tarry stools. Other less serious side effects may be more likely to occur. Continue to take potassium chloride and talk to your prescriber if you experience nausea, vomiting, diarrhea, or abdominal discomfort; a rash; slight tingling in the hands or feet; or anxiety. 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: Before taking potassium chloride, tell your prescriber if you have kidney disease; are taking a potassium-sparing diuretic such as triamterene (Dyrenium, Dyazide, Maxzide), spironolactone (Aldactone, Aldactazide), or amiloride (Midamore, Moduretic); have Addison’s disease; have an ulcer or an intestinal blockage; or have chronic diarrhea. You may not be able to take potassium chloride, or you may require a dosage adjustment or special monitoring during treatment if you have any of the conditions listed above. Potassium chloride is in the FDA pregnancy category C. This means that it is not known whether potassium chloride will be harmful to an unborn baby. Do not take this medication without first talking to your prescriber if you are pregnant or could become pregnant during treatment. It is not known whether potassium passes into breast milk. Do not take potassium chloride without first talking to your prescriber if you are breast-feeding a baby.

Take each dose with a full glass of water. Take potassium chloride with food or milk to lessen stomach upset. Do not crush, chew, or break the tablets, or capsules. Swallow them whole. They are specially formulated to release medicine slowly in the body. If you have problems swallowing ask your doctor about other forms of potassium. Mix the liquid with at least 4 ounces (one-half cup) of water or juice. Mix it thoroughly and drink it immediately. Do not drink liquid without diluting it first. Do not use a salt substitute while taking potassium chloride without first talking to your prescriber. Salt substitutes may contain potassium. You may get too much potassium and experience side effects if you use these products. Your doctor may want you to have blood tests or other medical evaluations during treatment with potassium chloride to monitor progress and side effects.

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

What happens if I overdose? Seek emergency medical attention if an overdose is suspected. Symptoms of a potassium chloride overdose may include paralysis; numbness or tingling in the hands, arms, legs, or feet; an irregular heartbeat, low blood pressure (dizziness, confusion, weakness, fatigue); seizures; coma; and heart attack.

What should I avoid while taking potassium chloride? Do not use a salt substitute while taking potassium chloride without first talking to your prescriber. Salt substitutes may contain potassium. You may get too much potassium and experience side effects if you use these products.

What other drugs will affect potassium chloride? Before taking potassium chloride, tell your prescriber if you are taking any of the following medicines: an angiotensin-converting-enzyme inhibitor (ACE inhibitor) such as benazepril (Lotensin), captopril (Capoten), enalapril (Vasotec), fosinopril (Monopril), lisinopril (Zestril, Prinivil), moexipril (Univasc), quinapril (Accupril), ramipril (Altace), and others; a potassium sparing diuretic such as triamterene (Dyrenium, Dyazide, Maxzide), spironolactone (Aldactone, Aldactazide), and amiloride (Midamor, Moduretic); a beta-blocker such as atenolol (Tenormin), propranolol (Inderal), acebutolol (Sectral), bisoprolol (Zebeta), carteolol (Cartrol), labetalol (Normodyne, Trandate), nadolol (Corgard), metoprolol (Lopressor), pindolol (Visken), and others; and digoxin (Lanoxin); a diuretic (waterpill) such as hydrochlorothiazide (Hydrodiuril, HCTZ, others), chlorothiazide (Diuril, others), metolazone (Zaroxolyn), indapamide (Lozol), and others; a steroid such as prednisone (Deltasone, Orasone, others), cortisone (Cortone), hydrocortisone (Cortef, Hydrocortone, others), or dexamethasone (Decadron, Hexadrol); or an anti-inflammatory drug such as ibuprofen (Motrin, Advil, others), naproxen (Aleve, Anaprox, Naprosyn, others), or ketoprofen (Orudis KT, Orudis, Oruvail).

You may not be able to take potassium chloride, or 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 chloride or affect your condition. Talk to your prescriber and pharmacist before taking any 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: _____