

ALDERFER & TRAVIS CARDIOLOGY, PC

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POTASSIUM SUPPLEMENTS - ORAL

USES: Potassium supplements are used to prevent or treat low potassium blood levels caused by diuretics (water pills) or poor diet. Symptoms of low potassium include fatigue, weakness, muscle twitching or cramps, dry mouth and excessive thirst.

HOW TO TAKE THIS MEDICATION: To prevent stomach upset, take each dose with food or immediately after a meal.

Sustained-release capsules and tablets must be swallowed whole. Do not crush or chew them as side effects may be increased. Take each dose with a full glass of water.

The liquid and powder forms must be diluted in a glass of cold water or juice before taking. Drink slowly.

SIDE EFFECTS: May cause diarrhea, stomach upset, nausea or vomiting the first few days as your body adjusts to the medicine.

Inform your doctor if you develop breathing difficulties, chest pain, irregular heartbeat, confusion, or tingling of the hands or feet while taking this medication.

PRECAUTIONS: Be sure your doctor knows your complete medical history especially if you have had kidney problems, heart disease, problems with digestion or if you have any allergies.

This medication should be used during pregnancy only if clearly needed. Potassium supplements are not known to appear in breast milk. Consult your doctor before breast-feeding.

DRUG INTERACTIONS: Inform your doctor about all the medicines you use (both prescription and nonprescription) especially if you take other water pills, ACE inhibitors (Capoten-like drugs for blood pressure) or digoxin (Lanoxin for heart problems) as your dose may need to be adjusted or you may need to be monitored more closely.

NOTES: Salt substitutes contain potassium. Talk to your doctor about using a salt substitute.

Foods high in potassium include: bananas, citrus fruits, watermelon, cantaloupe, raisins, dates, prunes, avocados, apricots, beans, broccoli, brussels sprouts, spinach, potatoes, yams, lentils, fish, chicken, turkey, ham, beef, and milk.

MISSED DOSE: If you miss a dose, take as soon as remembered, if you should remember within 2 hours. If you do not remember

until later, skip the missed dose and resume your usual schedule. Do not "double-up" the dose to catch up.

STORAGE: Store at room temperature away from moisture and sunlight. Do not store in the bathroom. Don't freeze liquid forms.