BCRenal
an agency of the Provincial Health Services Authority

Activated Vitamin D Supplements

(1-Alpha: alphacalcidol, Rocaltrol: calcitriol)

PHARMACY INFO SHEET

WHAT IT DOES:

Activated vitamin D supplements increase calcium levels in the blood, which helps keep bones healthy. Activated vitamin D may also be prescribed to prevent or reduce hyper-parathyroidism which may develop in kidney disease.

HOW IT WORKS:

Vitamin D helps the body absorb and use calcium, and helps to regulate parathyroid hormone levels. Calcium supplements and/or calcium-based phosphorus binders may also be prescribed.

HOW TO TAKE IT:

Take this medication according to the directions on the container. Do not take mineral oil while taking this medication.

WHAT TO DO IF YOU MISS A DOSE:

If you forget to take a dose, take it as soon as you remember. If you do not remember the missed dose until the next day or until it is time for the next dose (if you take it less often than daily) just skip the missed dose. DO NOT double the next dose or try to "catch up" by taking extra doses.

POSSIBLE SIDE EFFECTS:

Nausea, vomiting, loss of appetite, weakness, headache, muscle pain, diarrhea and dry mouth may occur. Contact your doctor if any of the side effects persist or become severe and intolerable. Contact your doctor if you develop excessive thirst, unusual constipation, stomach cramps.

RELATION TO DIET:

Vitamin D may increase phosphorus levels. Discuss the need to limit high-phosphorus foods with your doctor and dietitian. High phosphorus foods include dairy products (milk, yogurt, cheese, pudding and ice cream), chocolate, nuts, peanuts, peanut butter, bran cereal, bran muffins, legumes (chickpeas, kidney beans and navy beans).

Use the space below to write down why you are taking this medication.