



Pharmacy Department

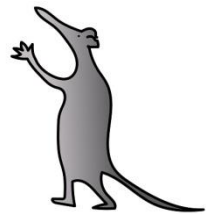
Calcium (500mg) 12.5mmol Effervescent Tablets

Information for Parent/Carer

This leaflet has been written for parents and carers about how to use this medicine in children. Our information sometimes differs from that provided by the medicine manufacturer, because their information is usually aimed at adult patients. Please read this leaflet carefully. Keep it somewhere safe so that you can read it again.

Introduction

Your child has been prescribed calcium 500mg effervescent tablets. Each tablet contains 12.5mmol of elemental calcium.



How to take your tablets

Calcium 500mg effervescent tablets can be dissolved in a glass of water. The solution should be drunk immediately after the tablets have completely dissolved.

If your child needs a smaller dose of calcium, you can follow the method below to obtain the correct dose:

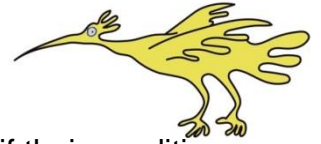
- Take one effervescent tablet and place it into a glass or medicine pot.
- Add **12mL** of freshly cooled boiled water using the oral/enteral syringe provided.
- The tablet will fizz in the water for a little while, you can give it an occasional stir to help it dissolve.
- This will give an orange flavoured mixture containing 12.5mmol of calcium in 12.5mL (1mmol/mL).
- When the tablet has fully dissolved (it is no longer fizzing and there are no bits of tablet left), it is important to give your child their dose **immediately, do not leave the mixture to settle.**
- You can draw up the correct dose (volume) as indicated on the marked oral/enteral syringe and administer this to your child.
- The dose you need to give to your child is also clearly printed on the pharmacy label.
- If the solution tastes too sweet for your child, you can add the dose measured in the syringe into a little more water, in a different glass or medicine pot to dilute the orange flavour.
- Do not pour the solution down the sink or keep it for later. Discard the remaining solution by pouring into a paper towel. Throw this into the bin.
- Use a new effervescent tablet for the next dose.

References

1. Neonatal & Paediatric Pharmacy Group; Position Statement 2023-02 Enteral Calcium and Phosphate Supplementation in Neonates and Children March 2023.



General advice about medicines



- Never give medicines prescribed for your child to anyone else, even if their condition appears to be the same, as this could do harm.
- If you think someone else may have taken the medicine by accident, contact your doctor straight away.
- Make sure that you always have enough medicine. Order a new prescription at least 2 weeks before you will run out.
- Make sure that the medicine you have at home has not reached the 'best before' or 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.
- This leaflet should be read with any manufacturers' patient information. You must always discuss individual treatment with the appropriate member of staff.

Who to contact for further details

If you have any questions about your medication whilst you are in hospital, please do not hesitate to ask one of the Pharmacy team, alternatively you can telephone us on 0151 252 5311.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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