



# LOKELMA, MADE SIMPLE

A patient guide to lowering high potassium safely

| 1                                                                                                                       | 2                                                                                                     | 3                                                                                                                    | 4                                                                                                                 | 5                                                                                                                            | 6                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Not an emergency medicine</b>                                                                                        | <b>Know your current schedule</b>                                                                     | <b>Mix each dose with water</b>                                                                                      | <b>Separate oral medicines</b>                                                                                    | <b>Watch for swelling</b>                                                                                                    | <b>Keep potassium labs on time</b>                                                                          |
| Lokelma is not a substitute for emergency treatment when potassium is causing serious symptoms or heart rhythm changes. | The starting schedule may differ from the maintenance schedule. Follow the newest label instructions. | Empty the packet into water, stir, and drink immediately. Refill the glass, stir, and drink again if powder remains. | Take other oral medicines at least 2 hours before or 2 hours after Lokelma unless your pharmacist says otherwise. | Lokelma contains sodium. Report rapid weight gain, ankle swelling, shortness of breath, or worsening heart-failure symptoms. | The dose is adjusted using potassium results. Too-low potassium can also cause weakness or rhythm problems. |

## YOUR LOKELMA MIXING AND TIMING PLAN

|                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mix it correctly</b><br><br>Pour the prescribed packet amount into approximately 3 tablespoons or more of water. Stir well and drink immediately. If powder remains, add more water, stir, and drink until the full dose is taken. The mixture does not dissolve completely. | <b>Fluid and sodium awareness</b><br><br>Follow the fluid and sodium plan from your kidney or heart team. Do not automatically increase fluids if you have heart failure, kidney disease, swelling, or a fluid restriction. Track sudden weight changes. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>GET HELP PROMPTLY FOR</b> <ul style="list-style-type: none"><li>• Chest pain, fainting, severe weakness, paralysis, or a dangerous heartbeat</li><li>• New or worsening shortness of breath, rapid weight gain, or marked swelling</li><li>• Severe abdominal pain, vomiting, or inability to pass stool or gas</li><li>• Possible allergic swelling or trouble breathing</li></ul> | <b>IMPORTANT DAILY REMINDERS</b> <ul style="list-style-type: none"><li>• Use the newest dosing schedule from your prescription label.</li><li>• Keep other oral medicines 2 hours away unless Fairview gives a different plan.</li><li>• Keep potassium laboratory appointments.</li><li>• Ask before potassium supplements, salt substitutes, NSAIDs, or herbal products.</li><li>• Call if constipation or abdominal symptoms become severe.</li></ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HOW FAIRVIEW HELPS</b> <ul style="list-style-type: none"><li>• Reviews the exact dose, timing, and preparation instructions.</li><li>• Checks interactions with prescriptions, over-the-counter medicines, vitamins, and supplements.</li><li>• Tracks refill timing and helps coordinate laboratory monitoring and cost support.</li></ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



# MY LOKELMA GUIDE

sodium zirconium cyclosilicate • simplified refrigerator reference

## MY PERSONAL PLAN

My packet strength:  
\_\_\_\_\_

My current schedule:  
\_\_\_\_\_

Other-medicine no-dose window:  
\_\_\_\_\_

Daily weight goal:  
\_\_\_\_\_

Next potassium lab:  
\_\_\_\_\_

Questions? Fairview Pharmacy • 601-544-4871

## THE RULE I SHOULD REMEMBER

**Mix every dose with water and drink the full amount.**  
Keep other oral medicines 2 hours away unless your pharmacist gives you a different schedule. Report swelling or rapid weight gain.

## CALL THE PHARMACY OR CARE TEAM FOR

- |                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Chest pain, fainting, severe weakness, paralysis, or a dangerous heartbeat</li><li>• New or worsening shortness of breath, rapid weight gain, or marked swelling</li><li>• Severe abdominal pain, vomiting, or inability to pass stool or gas</li><li>• Possible allergic swelling or trouble breathing</li></ul> | <ul style="list-style-type: none"><li>• Use the newest dosing schedule from your prescription label.</li><li>• Keep other oral medicines 2 hours away unless Fairview gives a different plan.</li><li>• Keep potassium laboratory appointments.</li><li>• Ask before potassium supplements, salt substitutes, NSAIDs, or herbal products.</li></ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## KEEP THIS WITH YOUR MEDICINES

This guide supports - but does not replace - the individualized instructions on your prescription label and from your kidney specialist, prescriber, dialysis team, or pharmacist.

Fairview Pharmacy • 500 Katie Avenue • Hattiesburg, Mississippi • 601-544-4871

Draft for pharmacist review: July 2026