



SEVELAMER / RENVELA, MADE SIMPLE

A patient guide to controlling phosphorus with every meal

1	2	3	4	5	6
Take it with meals	Match the prescribed meal dose	Swallow tablets whole	Check medicine timing	Watch your bowels	Keep phosphorus labs on time
Sevelamer works by binding phosphorus from food. Taking it away from meals may reduce how well it works.	Your dose may differ by meal size and phosphorus level. Follow the exact tablets or powder packets on the label.	Do not crush, chew, or split tablets. Prepare powder exactly as directed and take the entire mixture.	Sevelamer can reduce absorption of some medicines. Ask Fairview for a personalized spacing schedule.	Constipation, nausea, gas, and abdominal discomfort can occur. Severe symptoms may signal obstruction or another bowel problem.	Your kidney team may monitor phosphorus, calcium, bicarbonate, and vitamins, then adjust the dose.

WHY MEAL TIMING MATTERS

Take it when phosphorus enters	Interaction plan
Sevelamer stays in the digestive tract and binds phosphorus from food. Take the prescribed dose with the first bites or during the meal, according to your kidney team. Ask what to do with snacks or nutritional drinks.	Some medicines require separation or closer monitoring, including ciprofloxacin, levothyroxine, mycophenolate, tacrolimus, anti-seizure medicines, and medicines with a narrow therapeutic range. Do not guess - ask the pharmacist.

GET HELP PROMPTLY FOR	IMPORTANT DAILY REMINDERS
• Severe or worsening abdominal pain, repeated vomiting, or a swollen abdomen • Inability to pass stool or gas, severe constipation, or blood in stool • Choking, trouble swallowing, or a tablet that feels stuck • Severe weakness, confusion, muscle symptoms, or other concerning electrolyte symptoms	• Take every prescribed dose with the meal it is meant to cover. • Do not double a dose because a meal dose was missed. • Tell Fairview about all medicines, vitamins, binders, and supplements. • Keep phosphorus, calcium, bicarbonate, and kidney laboratory appointments. • Ask whether you need vitamin D, folate, or other supplementation.

HOW FAIRVIEW HELPS
• Reviews the exact dose, timing, and preparation instructions. • Checks interactions with prescriptions, over-the-counter medicines, vitamins, and supplements. • Tracks refill timing and helps coordinate laboratory monitoring and cost support.



MY SEVELAMER / RENVELA GUIDE

sevelamer carbonate • simplified refrigerator reference

MY PERSONAL PLAN

Tablets/packets with breakfast:

Tablets/packets with lunch:

Tablets/packets with dinner:

Snack instructions:

Next phosphorus lab:

Questions? Fairview Pharmacy • 601-544-4871

THE RULE I SHOULD REMEMBER

Sevelamer only works on phosphorus from the food you are eating. Take the prescribed amount with each covered meal and ask Fairview about medicine-spacing instructions.

CALL THE PHARMACY OR CARE TEAM FOR

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| <ul style="list-style-type: none">• Severe or worsening abdominal pain, repeated vomiting, or a swollen abdomen• Inability to pass stool or gas, severe constipation, or blood in stool• Choking, trouble swallowing, or a tablet that feels stuck• Severe weakness, confusion, muscle symptoms, or other concerning electrolyte symptoms | <ul style="list-style-type: none">• Take every prescribed dose with the meal it is meant to cover.• Do not double a dose because a meal dose was missed.• Tell Fairview about all medicines, vitamins, binders, and supplements.• Keep phosphorus, calcium, bicarbonate, and kidney laboratory appointments. |
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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.

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