

# Brightside Specialty Pharmacy

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## Patient Education for

### EFFER-K 20 MEQ TABLET EFF



Take with food to lessen gastrointestinal upset Call doctor if symptoms of GI bleeding  
Dissolve completely in water Lab tests may be ordered to monitor therapy Important to eat an  
adequate and balanced diet Many drug-drug interactions possible with this drug Slow heart  
rate & muscle weakness may indicate hyperkalemia. Take at the same time(s) daily as  
directed.

Best to take with food to lessen stomach upset Call Dr if you have black stools or  
stomach pain Dissolve in water and drink Lab tests may be ordered to monitor  
therapy Important to eat enough of a variety of foods Review all drugs you are  
taking with your doctor Tell Dr. of slow pulse. Avoid potassium salt. Take at the  
same time(s) daily as directed

#### .....Education Section.....

#### **IMPORTANT:**

HOW TO USE THIS INFORMATION: This is a summary and

does NOT have all possible information about this product. This information does not assure that this product is safe, effective, or appropriate for you. This information is not individual medical advice and does not substitute for the advice of your health care professional. Always ask your health care professional for complete information about this product and your specific health needs.

POTASSIUM EFFERVESCENT TABLET- ORAL

(poe-TAS-ee-um)

#### **COMMON BRAND NAME(S):**

Effer-K, K-Lyte

#### **USES:**

This medication is a mineral supplement used to treat or

prevent low amounts of potassium in the blood. A normal level of potassium in the blood is important. Potassium helps your cells, kidneys, heart, muscles, and nerves work properly. Most people get enough potassium by eating a well-balanced diet. Some conditions that can lower your body's potassium level include severe prolonged diarrhea and vomiting, hormone problems such as hyperaldosteronism, or treatment with "water pills"/diuretics.

#### **HOW TO USE:**

Take this medication by mouth as directed by your

doctor, usually 1 to 4 times daily. To prevent stomach upset, take each dose with a meal. Dissolve the prescribed number of tablets in at least 4 ounces (120 milliliters) of cold water or juice per tablet. After the tablets are fully dissolved, sip the liquid slowly over 5 to 10 minutes. If you have upset stomach, mixing your dose in a larger amount of liquid may help.

Take this medication regularly to get the most benefit from it. To help you remember, take it at the same time(s) each day. The dosage is based on your medical condition and response to treatment. Do not increase your dose or take it more often than prescribed.

Tell your doctor if your condition does not improve or if you

have symptoms of low potassium in the blood (such as irregular heartbeat, muscle weakness/cramps).

#### **SIDE EFFECTS:**

Upset stomach, nausea, vomiting, gas, or diarrhea

may occur. If any of these effects last or get worse, tell your doctor or pharmacist promptly.

Remember that this medication has been prescribed because your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects.

Get medical help right away if you have any very serious side effects, including: vomit that looks like coffee grounds, stomach/abdominal pain, black/tarry stools.

A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist.

In the US -

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

In Canada - Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345.

#### **PRECAUTIONS:**

Before taking potassium, tell your doctor or

pharmacist if you have any allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details.

Before using this medication, tell your doctor or pharmacist your medical history, especially of: heart problems, kidney problems, high levels of potassium in the blood, throat/stomach/intestinal problems (such as blockage, narrowing, ulcers).

Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products).

Before using other potassium supplements or salt substitutes that contain potassium, consult your doctor or pharmacist. Too much potassium may cause serious side effects. (See also Overdose section.)

During pregnancy, this medication should be used only when clearly needed. Discuss the risks and benefits with your doctor.

Potassium passes into breast milk. Consult your doctor before breast-feeding.

**DRUG INTERACTIONS:**

Drug interactions may change how your

medications work or increase your risk for serious side effects.

This document does not contain all possible drug interactions.

Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval.

Tell your doctor or pharmacist if you are regularly taking other drugs/products that can also raise your potassium level.

Examples include eplerenone, ACE inhibitors such as enalapril/lisinopril, angiotensin receptor blockers such as losartan/valsartan, potassium-sparing "water pills"/diuretics such as spironolactone/triamterene, birth control pills that contain drospirenone, among others.

**OVERDOSE:**

If someone has overdosed and has serious symptoms such

as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include irregular heartbeat, muscle weakness, confusion.

**NOTES:**

Do not share this medication with others.

Laboratory and/or medical tests (such as potassium blood level, kidney function tests) should be performed periodically to monitor your progress or check for side effects. Consult your doctor for more details.

Eat a well-balanced diet. Foods high in potassium include bananas, oranges, cantaloupe, raisins, dates, prunes, avocados, apricots, beans, broccoli, spinach, potatoes, lentils, chicken, turkey, beef, and yogurt. Consult your doctor or dietician for recommended foods.

**MISSED DOSE:**

If you miss a dose, take it as soon as you

remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up.

**STORAGE:**

Store at room temperature away from light and moisture.

Do not store in the bathroom. Keep all medications away from

children and pets.

Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company.

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