

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using Phosphate Phebra?

Phosphate Phebra provides extra phosphorus for people with low phosphorus levels in their blood, or with high calcium levels in their blood due to overactivity of the parathyroid glands (hyperparathyroidism), cancer in the bone marrow or bone disease caused by the spread of cancers.

For more information, see Section [1. Why am I using Phosphate Phebra?](#) in the full CMI.

### 2. What should I know before I use Phosphate Phebra?

Do not take Phosphate Phebra if you have an allergy to any of the ingredients listed at the end of this CMI.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use Phosphate Phebra?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with Phosphate Phebra and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use Phosphate Phebra?

- Follow your doctor's instructions on how much Phosphate Phebra to take.
- Follow all directions given to you by your doctor or pharmacist carefully.

More instructions can be found in Section [4. How do I use Phosphate Phebra?](#) in the full CMI.

### 5. What should I know while using Phosphate Phebra?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist, pharmacist or nurse you visit that you are using Phosphate Phebra.</li><li>• If you become pregnant while taking this medicine, tell your doctor immediately.</li><li>• If you are going to have surgery, tell the surgeon or anaesthetist that you are taking Phosphate Phebra.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not give your medicine to anyone else, even if they have the same condition as you.</li><li>• Do not use it to treat any other complaints unless your doctor tells you to.</li><li>• Do not stop taking Phosphate Phebra or lower the dosage without checking with your doctor.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep your medicine in the original container until it is time to take your tablets.</li><li>• Store below 25°C. Do not store Phosphate Phebra or any other medicine in the bathroom or near a sink.</li><li>• Do not leave it on a windowsill or in the car. Keep it where children cannot reach it.</li></ul>

For more information, see Section [5. What should I know while using Phosphate Phebra?](#) in the full CMI.

### 6. Are there any side effects?

Phosphate Phebra effervescent tablets may cause stomach upsets, nausea, abdominal pain, vomiting, very little urination or no urine, diarrhoea and electrolyte disturbance.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# Phosphate Phebra®

Phosphorus 500 mg (as monobasic sodium phosphate 1.936 g) effervescent tablets

## Consumer Medicine Information (CMI)

This leaflet provides important information about using Phosphate Phebra. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Phosphate Phebra.**

Where to find information in this leaflet:

1. [Why am I using Phosphate Phebra?](#)
2. [What should I know before I use Phosphate Phebra?](#)
3. [What if I am taking other medicines?](#)
4. [How do I use Phosphate Phebra?](#)
5. [What should I know while using Phosphate Phebra?](#)
6. [Are there any side effects?](#)
7. [Product details](#)

### 1. Why am I using Phosphate Phebra?

Phosphate Phebra contains the active ingredient monobasic sodium phosphate.

Phosphate Phebra is used to treat people with low phosphorus levels in their blood (also known as hypophosphataemia), or with high calcium levels in their blood (hypercalcaemia) due to:

- overactivity of the parathyroid glands (hyperparathyroidism)
- cancer in the bone marrow (multiple myelomatosis); or
- bone disease caused by the spread of cancers.

Your doctor may have put you on Phosphate Phebra for another reason.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Phosphate Phebra is not addictive.

### 2. What should I know before I use Phosphate Phebra?

#### Warnings

Do not use Phosphate Phebra if:

- you are allergic to monobasic sodium phosphate, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.

Check with your doctor if you have or have had:

- kidney disease

- congestive cardiac failure
- pre-eclamptic toxemia
- hypertension
- sodium restrictions in your diet
- any medicines for any other condition.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

### Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

If you become pregnant while taking this medicine, tell your doctor immediately.

### 3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

**Some medicines may interfere with Phosphate Phebra and affect how it works.**

These include:

- calcium
- aluminium
- magnesium
- vitamin D supplements

**Medicine that may reduce the effect of Phosphate Phebra:**

- antacids

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Phosphate Phebra.**

### 4. How do I use Phosphate Phebra?

#### How much to take

Follow your doctor's instructions on how much Phosphate Phebra effervescent tablets to take.

The number of tablets you need to take will depend on the reason that your doctor has prescribed Phosphate Phebra effervescent tablets and will also depend on your individual requirements.

If you are receiving it to reduce the calcium levels in your blood, you can take up to:

- 6 tablets daily (adults) or
- 3 tablets daily (children).

If you are taking it to increase your phosphate levels, you can take:

- 4-6 tablets daily (adults) or
- 2-3 tablets daily (children).

If you have kidney problems or are elderly, the dose may be reduced as directed by your doctor.

Do not change the dose yourself, without your doctor's advice, regardless of how well you may feel.

Follow the instructions provided and use Phosphate Phebra until your doctor tells you to stop.

### When to take Phosphate Phebra

- Phosphate Phebra effervescent tablets should be taken at about the same time each day. Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

### How to take Phosphate Phebra

- Always dissolve the Phosphate Phebra effervescent tablets in one third to half a glass of water.
- Drink the solution as soon as the fizzing has stopped.
- Never swallow the tablets whole.

### If you forget to use Phosphate Phebra

**If you miss a dose and then remember, take the missed dose right away. Then continue with your regular schedule.**

**Do not take a double dose to make up for the dose you missed.**

### If you use too much Phosphate Phebra

If you think that you have used too much Phosphate Phebra, you may need urgent medical attention.

**You should immediately:**

- phone the Poisons Information Centre (**by calling 13 11 26**), or the New Zealand National Poisons Centre (**by calling 0800 POISON or 0800 764 766**), or
- contact your doctor, or go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

## 5. What should I know while using Phosphate Phebra?

### Things you should do

- If you become pregnant while taking this medicine, tell your doctor immediately.

- If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.
- If you are going to have any diagnostic tests, tell your doctor that you are taking this medicine.
- If you are going to start on any new medicine, remind your doctor and pharmacist that you are taking this medicine.

Remind any doctor, dentist, pharmacist or nurse you visit that you are using Phosphate Phebra.

Keep all of your doctor's appointments so that your progress can be checked.

### Things you should not do

- Do not give your medicine to anyone else, even if they have the same condition as you.
- Do not use it to treat any other complaints unless your doctor tells you to.
- Do not stop taking Phosphate Phebra suddenly or lower the dosage without checking with your doctor.

### Things to be careful of

- Do not dissolve Phosphate Phebra effervescent tablets in warm or hot water.
- Always dissolve these tablets in drinking water at room temperature before taking them.
- Never swallow the tablets whole.
- Make sure that the lid on the tube is firmly closed at all times.

### Looking after your medicine

- Keep your medicine in the original container until it is time to take your tablets.
- Store below 25°C.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on windowsills.

**Keep it where young children cannot reach it.**

### When to discard your medicine

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### Less serious side effects

Less serious side effects	What to do
<b>Gastrointestinal related:</b> <ul style="list-style-type: none"> <li>• abdominal pain</li> <li>• nausea</li> <li>• stomach upsets</li> <li>• vomiting</li> </ul>	<b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b>

### Serious side effects

Serious side effects	What to do
<b>Urinary tract related:</b> <ul style="list-style-type: none"> <li>• electrolyte disturbance</li> <li>• no urine</li> <li>• very little urination</li> </ul>	<b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b>

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems) or the New Zealand Medicines and Medical Devices Safety Authority at <https://www.medsafe.govt.nz/safety/report-a-problem.asp#Medicine>. By reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

### What Phosphate Phebra contains

<b>Active ingredient (main ingredient)</b>	Elemental phosphorus 500 mg present as monobasic sodium phosphate 1.936 g
<b>Other ingredients (inactive ingredients)</b>	sodium bicarbonate (E500) potassium bicarbonate (E501) macrogol 4000 sucrose citric acid orange flavour 52570 TP0551 sodium saccharin (E594)

Phosphate Phebra contains sugars (as sucrose), sodium (as sodium phosphate and sodium bicarbonate) and potassium (as potassium bicarbonate)

**Do not take this medicine if you are allergic to any of these ingredients.**

Phosphate Phebra does not contain lactose, gluten, tartrazine, alcohol, dyes or any preservatives.

### What Phosphate Phebra looks like

Phosphate Phebra effervescent tablets are large, white, flat, circular tablets with a slightly rough surface (AUST R 292515).

Phosphate Phebra is in cartons of 100 tablets.

Each carton contains 5 polypropylene tubes, each tube contains 20 tablets.

### Who distributes Phosphate Phebra

Phosphate Phebra is supplied in Australia by:

Phebra Pty Ltd

19 Orion Road, Lane Cove West,

NSW 2066, Australia.

Telephone: 1800 720 020

Phosphate Phebra is distributed in New Zealand by:

Phebra NZ Limited

202 Ponsonby Road, Ponsonby,

Auckland, 1011, New Zealand.

Telephone: 0508 743 272

This leaflet was prepared in January 2022.

Phebra and the Phi symbol are trademarks of Phebra Pty Ltd, 19 Orion Road, Lane Cove West, NSW 2066, Australia.