

CALINOR ORAL POWDER

Calcium Polystyrene Sulfonate (5 g)

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What CALINOR is used for

CALINOR contains a medicine called Calcium polystyrene sulfonate which belongs to a group of medicines called 'ion exchange resins'.

CALINOR is used to treat hyperkalaemia, a condition when there is too much potassium in your blood due to renal failure.

How CALINOR works

CALINOR works by removing this extra potassium to bring your levels back to normal.

Before you use CALINOR

- When you must not use it

Do not use CALINOR if you:

- Are allergic to calcium polystyrene sulfonate or any of the other ingredients in this medicine.
- Have low level of potassium in your blood
- Have medical problems that result in high level of calcium such as thyroid problem
- Have partially or completely blocked gut
- Are taking a sweetener called sorbitol.

Pregnancy and lactation

Do not take CALINOR

- if you are pregnant, trying to get pregnant or think you may be pregnant.
- Do not take CALINOR if you are breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

- Before you start use it

Check with your doctor, nurse or pharmacist before using CALINOR. If it is for your baby, tell them if your baby was premature, had a low birth-weight or has a reduced gut movement.

- Taking other medicines

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

In particular, it is not recommended to take CALINOR together with medications used as a laxative, either by oral or rectal as it may cause serious injury of the colon.

CALINOR should be used with caution if you also take:

- Medicines that contain salts such as magnesium, potassium or calcium. Ask your doctor if you are not sure
- Some medicines for constipation (laxatives) that contain magnesium
- Some medicines for indigestion (antacids) that contain magnesium or aluminium
- Digoxin or similar medicines from digitalis - for heart problems
- Lithium - for mental illness
- Levothyroxine or thyroxine - for an under-active thyroid

How to use CALINOR

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help. The dose will be depending on the results of the blood tests.

Recommended Dose:

15 - 30g daily in 2 -3 divided doses. Each dose should be suspended in 30 - 50ml of water and administered orally.

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Continue taking CALINOR for as long as your doctor recommends.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too many CALINOR may lead to a reduced level of potassium in the blood (hypokalaemia) with symptoms of muscle cramps, leg discomfort, feeling irritable or confused, unable to concentrate and abnormal heart beat. Overdose of CALINOR may also cause a raised calcium level in the blood (hypercalcaemia), manifested by fatigue, muscle weakness, kidney problem and constipation.

While you are using it

- Things you must do

Take your medicine exactly as your doctor has told you.

Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not give CALINOR to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of**Driving and using machines**

This medicine may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

Side effects

Like all medicines, CALINOR can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any of these side effects after taking this medicine:

- Feeling tired, confused, having muscle weakness, cramps or a change in heart rate. These may be due to having low levels of potassium in your body
- Feeling jittery, having fits or muscle cramps. This may be due to low levels of calcium or magnesium in your body
- Increased thirst or needing to go to the toilet more often
- High blood pressure, kidney problems, heart problems or swelling in your limbs. This may be due to high levels of sodium in your body
- Stomach upset, pain in your gut, narrowing or blockage of the gut, Reduced blood flow to the gut wall causing severe abdominal (tummy) pain, or collapse
- Loss of appetite
- Nausea, vomiting, constipation or diarrhea.
- Feeling short of breath or coughing. This could be the first sign of a serious chest infection. This can be caused by accidentally breathing in this medicine

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my
[Consumers◇ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of CALINOR**Storage**

Store below 30°C.

Disposal

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description**- What it looks like**

Appearance of Powder:

A cream to light brown, fine powder.

Appearance of solution:

Cream to light brown suspension with insoluble powder

- Ingredients

- Active ingredient

Each sachet contains 5 g Calcium polystyrene sulfonate 5g

- Registration number:

MAL

Manufacturer and Product Registration Holder:

Noripharma Sdn. Bhd.
Lot 5030, Jalan Teratai, 5 ½ Mile Off
Jalan Meru, 41050 Klang Selangor,
Malaysia.

Date of revision

August 2023

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