

# Phosphate Binder

## When do I take phosphate binders?

Phosphate binders must be taken with meals or snacks, including when you eat outside the home. Ideally, they should be taken when you eat phosphate-rich foods (e.g. dairy foods, eggs, meat, fish or pulses). The timing of your phosphate binders is determined by the type you have been prescribed.

If your doctor has recommended you take a phosphate binder record it here:

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Record below when you are advised to take your binders:

Breakfast: .....

Lunch:.....

Evening Meal: .....

Supper:.....

Snacks: .....

If you do not have anything to eat at a mealtime, do not take a binder. Taking binders at the wrong time can cause side effects such as stomach pains and could also lead to a high level of calcium in the blood.

If you are unable to tolerate the phosphate binder prescribed, please speak to the renal dietitian.

## Your Key Points

1.

2.

3.