

# Phosphate Binder

## When do I take phosphate binders?

The number of binders and when they are taken during the day is very important. They must be taken when you have meals that contain high phosphate foods (e.g. dairy foods, eggs, meat, fish or pulses). The exact timing of your binders is determined by the type that you have been prescribed.

Your doctor has recommended you take the following phosphate binder:

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 calcium levels

## Notes

Dietitian name .....

Dietitian number .....