

**Patient Information**

**Nephrology Department**

**Lanthanum (Fosrenol®)**

**Contact Information**

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 (Available Monday – Friday, 8:30am until 2pm)

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**What are lanthanum tablets and what do they do?**

Lanthanum tablets (Fosrenol®) is a medication known as a phosphate binder.

Normally the kidneys control the level of certain substances in the blood. However when kidney function deteriorates phosphate can build up in the blood. When this happens phosphate combines with calcium in the blood. This can cause damage when it is deposited in the blood vessel walls. It can also affect the strength of bones and joints and cause itchiness.

When controlling the level of phosphate in your blood it is important to follow the advice you will be given on adjusting the amount of phosphate in your diet. However phosphate binders are often prescribed in addition.

Lanthanum prevents phosphate being absorbed into the bloodstream as they bind to the phosphate in food that you eat. The excess phosphate is then passed out in your stools.

**Why have I been prescribed lanthanum?**

Your doctor has prescribed lanthanum for you, this is due to the level of phosphate in your blood being high. Taking lanthanum tablets as well as reducing the amount of phosphate in your diet will help to reduce the levels of phosphate in your blood.

**How should I take my lanthanum tablets?**

Lanthanum should be taken towards the end of the meal. They should be chewed and then swallowed. Phosphate binders will only work if they are taken with food that contains phosphate. Your doctor, dietician or specialist nurse will advise you on how many tablets to take and when.

**Will I need to have tests and be monitored whilst I am taking lanthanum?**

Your blood levels of phosphate will be monitored regularly when you attend the renal clinic. From these results your doctor will adjust your dose of lanthanum as required.

**Does lanthanum have any side effects?**

As with all medications lanthanum can cause side effects. The most common side effects of lanthanum are constipation, diarrhoea and sickness. The side effects are usually mild however if you are concerned or feel that you have any other side effects associated with lanthanum please contact your doctor or specialist nurse for advice.

**Does lanthanum interact with any other medications?**

Phosphate binders should not be taken at the same time as iron tablets or some antibiotics as it can cause them to be ineffective. Phosphate binders should be taken with a meal and iron tablets one hour after a meal. If you are prescribed antibiotics these should be taken at least two hours before or after your phosphate binder.

You should only take tablets which are prescribed for you by your doctor and check with your pharmacist before taking any new or over-the-counter medications.

**Further information**

Further information about your medication can be found in the patient information leaflet found in the tablet box or on the container.