



AFFIX PATIENT IDENTIFICATION LABEL HERE

UMRN:

Family Name:

Given Name:

Calcium

Medicine name	Strength	Example of brand		Dose directions
Calcium (tablets)	600mg	Cal-Care		
		Calci-Tab 600		
	500mg	Cal 500		



English

Calcium

Why do I need to take Calcium?

We need calcium for strong bones. Calcium is found naturally in dairy foods (milk, cheese, yoghurt), tofu and seafood. Some people with low calcium levels or very low vitamin D levels, or people who do not eat much calcium in their diet may need extra calcium (calcium tablets).

How do I take Calcium?

Calcium tablets should be taken with food. If you are also taking iron tablets or liquid it is important that the calcium is taken at least two hours before or after your iron. This is because calcium can affect the absorption of iron.

Are there any side effects?

Side effects are unlikely if you take the medication as you have been advised. Some people may experience mild side effects such as constipation and bloating. If you take calcium tablets for a long time, then there might be a small increased risk of heart disease or kidney stones. Most people will not need to take calcium tablets for a long time if they increase the amount of calcium that they are getting through the foods they eat.

If you think you have taken too much calcium please tell your doctor or nurse immediately.

Your doctor or nurse practitioner will discuss with you how long you should take calcium for and whether you need any follow up blood tests.

Swahili

Kalisi

Kwa nini ninahitaji kutumia Kalisi?

Tunahitaji kalisi ili kuwa na mifupa yenye nguvu. Kalisi hupatikana katika bidhaa za maziwa (maziwa, jibini, mtindi), tofu na vyakula vya baharini kama dagaa. Baadhi ya watu wenye viwango vya chini vya kalisi au viwango vya chini sana vya vitamini D, au watu ambao hawali kalisi nyingi katika vyakula vyao wanaweza kuhitaji kalisi ya ziada (tembe za kalisi).

Je, ninatumiaje Kalisi?

Tembe za Kalisi zinafaa kuchukuliwa pamoja na chakula. Ikiwa pia unatumia tembe za madini ya chuma au kioevu, ni muhimu kwamba kalisi imezwe angalau saa mbili kabla au baada ya kutumia chuma chako. Hii ni kwa sababu kalisi inaweza kuathiri ufyonzaji wa chuma.

Je, kuna athari zozote?

Athari haziwezekani ikiwa unatumia dawa kama ulivyoshauriwa. Watu wengine wanaweza kupata athari kidogo kama vile kufunga choo na kuvimbiwa. Ikiwa unatumia tembe za kalisi kwa muda mrefu, basi kunaweza kuwa na ongezeko kidogo la hatari ya ugonjwa wa moyo au mawe kwenye figo. Watu wengi hawatahitaji kutumia tembe za kalisi kwa muda mrefu ikiwa wataongeza kiwango cha kalisi ambacho wanapata kupitia vyakula wanavyokula.

Iwapo unafikiri umetumia kalisi nyingi, tafadhali mwambie daktari au muuguzi wako mara moja.

Daktari au muuguzi wako atajadiliana nawe muda ambao unapaswa kutumia kalisi na kama unahitaji vipimo vya damu vya ufuatiliaji.

More information is available for this medicine in the form of Consumer Medicines Information (CMI). CMIs are available from hospitals, pharmacies and medical practices and from the Therapeutic Goods Administration website (www.tga.gov.au/consumer-medicines-information-cmi). The CMI contains important information about your medicine and must be read in conjunction with this leaflet.

Maelezo zaidi yanapatikana kuhusu dawa hii katika mfumo wa Taarifa za Dawa za Mtumiaji (CMI). CMI zinapatikana kutoka kwa hospitali, maduka ya dawa na wataalamu wa matibabu na kutoka kwenye tovuti ya Usimamizi wa Bidhaa za Matibabu (www.tga.gov.au/consumer-medicines-information-cmi). CMI ina taarifa muhimu kuhusu dawa yako na lazima isomwe pamoja na kijikaratasi hiki.

The Humanitarian Entrant Health Service (HEHS)

1/311 Wellington Street Perth 6000

Phone 9222 8500

Fax: 9222 8501

Email: HEHS@health.wa.gov.au

Opening hours: 8:15-4:15

Monday to Friday

(closed weekends and public holidays)

Huduma ya Afya ya Washiriki Binadamu (HEHS)

1/311 Wellington Street Perth 6000

Simu: 9222 8500

Faksi: 9222 8501

Barua pepe: HEHS@health.wa.gov.au

Saa za ufunguzi: saa2.15 asubuhi hadi saa10.15 jioni (8:15am -4:15pm)

Jumatatu hadi Ijumaa

(inafungwa wikendi na sikukuu za umma)

We are proud to be a smoke-free site.



Thank you for not smoking or vaping in any buildings or on our grounds.

Tunajivunia kuwa na eneo isiyoruhusu uvutaji sigara.



Asante kwa kutovuta sigara au kuvuta mvuke katika majengo yoyote au kwenye uwanja wetu

This document can be made available in alternative formats on request.

Hati hii inaweza kupatikana katika miundo mbadala ikiwa imeombwa.

© North Metropolitan Health Service 2023

© North Metropolitan Health Service 2023

