

Tums® (Calcium Carbonate) and Chronic Kidney Disease

Know what foods to limit!



This medication treats heartburn, indigestion, and upset stomachs. It does this by lowering stomach acid (1)



Available in liquid or chewable tablet form!

In terms of Chronic Kidney Disease

When your kidneys aren’t working properly, phosphorus can build up. This medicine binds to the phosphorus from the food you eat, which is later removed via bowel movement. This prevents your body from taking in excess phosphorus



Please speak with your General Physician or Pharmacist if it’s safe to take this medicine!

Why CKD Patients?

CKD patients have difficulty removing phosphorus from the body

Excess phosphorus causes calcium to leave the bones, which weakens them

Dialysis plays a role in removing phosphorus, but Tums® is usually needed for further removal

Side Effects of Tums®

As with any medication, Tums® may cause side effects in some people (1).

Constipation

Nausea & Vomiting

Stomach Cramps

Flatulence

What Foods to Avoid with Tums® ?



- **High Oxalate Foods:** Spinach, collard greens, kale and beets
- **High Phytate Foods:** Wholegrains like rice, wheat, oats, legumes like beans & lentils and nuts (2,3,4)

- These foods may interfere with the absorption of the calcium present in Tums® (2,3,4)
- Other foods like caffeine and alcohol can also make Tums® less effective.
- Tums® are best taken with food that can increase the absorption of calcium present in them i.e., vitamin-D containing foods!



EAT: Poultry, eggs, sardines, cod liver oil & Low-fat dairy

References

1. National Health Service. Antacids. NHS. Published November 13, 2019. <https://www.nhs.uk/conditions/antacids/>
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