

Potassium Chloride

Medication Information Leaflet

What is the medication used for?

This medication is used to treat or prevent low potassium levels in the body by increasing the amount of potassium in the body.

How should I take the medication?

- Take this medication as prescribed by your healthcare professional
- Do not stop taking your medications without checking with your healthcare professional
- This medication must be taken with or after food
- For Tablets:
 - Swallow the tablet whole with a full glass of water or other liquids
 - Do not crush, chew or suck the tablet (as it is meant to provide a slow release of the medication into your body over time)
- For Mixtures:
 - Dilute the mixture before drinking

What should I do if I forget to take/use this medication?

If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medication to make up for the missed dose.

What precautions should I follow when taking the medication?

Before starting on this medication, inform your healthcare professional if you:

- Are allergic to this medication, or any of the other ingredients in this medication
- Feel very thirsty with a dry mouth (you could be dehydrated)
- Have ever been diagnosed with metabolic acidosis, a condition where there is increased level of acid in the blood
- Are taking any of the following:
 - Certain medications that lower blood pressure such as Lisinopril, Enalapril, Captopril, Perindopril, Ramipril, Losartan, Valsartan, Telmisartan, Candesartan or Irbesartan
 - Certain medications that remove excess water from your body such as Spironolactone, Eplerenone, Triamterene or Amiloride

What are some common side-effects of this medication?

Some side effects include stomach discomfort, diarrhoea, nausea or vomiting

- You may reduce the stomach discomfort by taking medication with or after food
- Inform your healthcare professional if there is no improvement or if these side effects worsens

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

The symptoms of high potassium levels in your blood include:

- Difficulty breathing
- Irregular heartbeat
- Chest pain
- Feeling tired or weak
- Nausea or vomiting
- Muscle weakness

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

What food or medication should I avoid when I take this medication?

Do not use salt substitutes or consume low-sodium food products unless your doctor has advised you to do so, as these products may contain potassium. Check the labels carefully on all low-sodium food products before consuming.

How should I store the medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children. Throw away all expired medications.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing it into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

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