

Medication Information Card

Potassium Chloride

(Poe – tass – ee – um Klor – ide)

Other names for this medication

There are many names for this medication.

There are also many dosage forms such as tablets, capsules, liquids, effervescent tablets or powders.

How this medication is used

This medication gives your body extra potassium. Your body needs potassium for your heart, kidneys, muscles, nerves and digestive system to work well. You get potassium from eating a variety of healthy foods. You may need extra potassium if you have a health problem or take a medication that makes you lose potassium.

How to take this medication

Take this medication exactly as directed by your doctor.

Take this medication with a meal or right after a meal.

Do not use salt substitutes while taking potassium unless directed by your doctor.

How to take this medication (continued)

Tablets or capsules:

Swallow whole with a full glass of water. Do not crush, chew or suck tablets or capsules.

Liquids:

Add to a full glass of water or fruit juice.

Effervescent tablets or powders:

Add to a full glass of water. Wait until the fizzing stops before drinking.

While taking this medication you may notice

- nausea
- vomiting
- diarrhea

You can lessen these problems by taking potassium with food and a glass of water.

Contact your doctor if you notice

- severe vomiting
- vomiting any blood
- stomach upset or pain
- confusion
- shortness of breath
- irregular heart beat
- numbness or tingling in arms, hands, legs or feet
- heaviness or weakness in legs
- black colour stools