



RANA HOSPITAL

*Come with **PILES!** Go with **SMILES!***

Patient Information Leaflet

Oral magnesium
supplementation

Oral magnesium supplementation

This leaflet has been provided to give you some of the important information you need about taking oral magnesium supplements. Please read this leaflet carefully before you start and keep it in a safe place as you may need to refer to it again. If you have any questions or if you are unsure about anything, ask your doctor or pharmacist for advice.

What it is used for

Magnesium is essential for your body's health. It helps maintain teeth and bones and is needed for the transmission of nerve impulses and the contractions of muscles. Many enzymes require magnesium to work properly and it is necessary for the burning of fat, carbohydrates and proteins from food for energy.

Low magnesium levels (hypomagnesaemia) can make you feel ill. It also causes numbness and cramps in the hands and feet, irregular heartbeats and fatigue (lack of energy) and vomiting.

Why have I been asked to take magnesium?

You need to take magnesium supplements because your body levels are low. Low levels can be caused by a diet deficient in leafy green vegetables. It can also happen if your intestine is not absorbing enough magnesium from your diet or you are taking other medicines or have illnesses that cause you to lose Magnesium from your body.

Taking magnesium supplements

Magnesium supplements are usually taken as capsules, chewable tablets or as powders to be mixed with water and taken orally. Blood tests will be required to keep a check on your body's magnesium levels and adjust the dose of your supplement.

The hospital pharmacy will supply you with enough magnesium for two weeks treatment at home. Before you run out make an appointment with your GP for further supplies. If your GP prefers the hospital to continue your treatment then please contact your consultant's secretary to make alternative arrangements.

Types of magnesium supplements:

Name	Preparation	Amount (millimoles)	Directions for use	Flavour
<i>Magnesium Aspartate</i>	Oral powder	10mmol	Dissolve in 50-200ml water	Peach/apricot
<i>Magnesium Glycerophosphate</i>	Liquid	1mmol/ml	Spoon or oral syringe	No flavour
<i>Magnesium Glycerophosphate</i>	Chewable tablet	4mmol	Suck or chew	Peppermint
<i>Magnesium Oxide</i>	Capsule	4mmol	Swallow whole, do not chew	No flavour

Side effects

All medicines have side effects, but they don't occur in all the people who take them. Speak to your doctor or pharmacist if any of the following main side effects continue or if they become troublesome.

- Irritation of the stomach lining
- Diarrhoea

If you experience any other side effects that you are concerned about while taking the supplement, please speak with your doctor or pharmacist.

Storing your medicine

- Keep it in the container it was dispensed in
- Keep all medicines out of the sight and reach of children
- Store at room temperature, away from direct heat and light
- Do not share your medicine with anyone else

Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please contact the hospital medicine information department on the number below.

Medicines advice for patients

If you have any questions about the medicines call Medicines Information on 098141-28667 from Monday to Friday, 9am to 5pm, or email us at www.ranapileshospital.in (Patients and Medicines Advice for Patients).



Contact details

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