



Calcium

Patient information

AFFIX PATIENT IDENTIFICATION LABEL HERE

UMRN:

Family name:

Given name:

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

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 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?

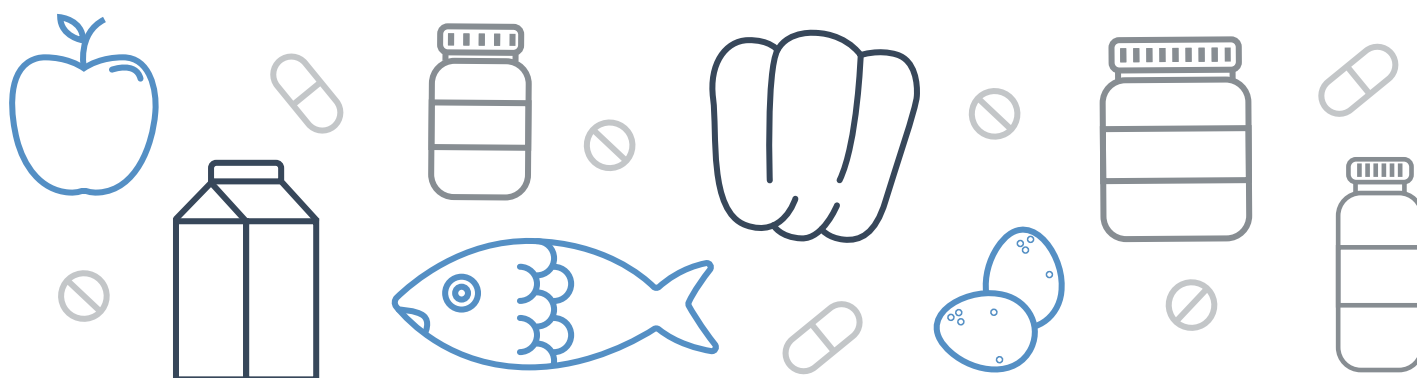
Side effects are unlikely if you take the medication as you have been advised. Some people may experience mild side effects such as constipation and bloating. If you take calcium tablets for a long time, then there might be a small increased risk of heart disease or kidney stones.

Most people will not need to take calcium tablets for a long time if they increase the amount of calcium they are getting through their diet.

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

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

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.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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Opening hours: 8.15am to 4.15pm, Monday to Friday (closed weekends and public holidays)

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