**CALCIUM CARBONATE**

*Supplement, antacid, phosphate binder*

<table>
<thead>
<tr>
<th>Availability</th>
<th>Brand name</th>
<th>Quick guide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tablet 500 mg, 600 mg (elemental calcium)</td>
<td>Calcia, Calci-tab, Caltrate, Cal-Care, Cal-Sup, Cal-500, Cal-600. Some are available as chewable tablets</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
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<tr>
<td>Combination tablet, film-coated 600 mg (elemental calcium) &amp; colecalciferol</td>
<td>Caltrate with Vitamin D, Cal-Care Plus, Cal-D, Ostelin Vitamin D and Calcium, Ostevit-D and Calcium</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
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<tr>
<td>Combination effervescent granules, 1000 mg (elemental calcium) &amp; colecalciferol</td>
<td>Calvid</td>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
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</tbody>
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*This is not an exhaustive list of all calcium carbonate products available.*

**Effect of food**

Food may increase calcium absorption. When used as a phosphate binder, give with or immediately after food or bolus enteral feeds.2

**Absorption**

Absorbed mostly in the duodenum and proximal jejunum.2

**What to do for people with enteral feeding tubes**

**Calcium supplements:**

**Option 1**

Contact the prescriber or a dietitian to discuss other options.

**Option 2**

Crush the plain tablet and mix with at least 30 mL of water, then draw into an enteral syringe. The tablet does not disperse easily.3

See Method B for instructions.

The tablet is extremely difficult to crush. Consider wetting the tablet first, or cutting into smaller pieces.

**Calcium and vitamin D supplements:**

**Option 1**

Contact the prescriber or a dietitian to discuss other options.

**Option 2**

Use the effervescent granules (Calvid).

Disperse the granules in a least 20 mL of water in a medicine cup. Allow the bubbles to subside and then draw into an enteral syringe.

See Method A for instructions.

**Option 3**

Crush the combination tablet and mix with at least 30 mL of water, then draw into an enteral syringe.

See Method B for instructions.

The tablet is extremely difficult to crush. Consider wetting the tablet first, or cutting into smaller pieces.
What to do for people with swallowing difficulties

**Calcium supplements:**

**Option 1**
Use the chewable tablet.

**or**
Crush the tablet and mix with water.
If the person cannot swallow thin fluids, crush the tablet and mix with a spoonful of yoghurt or apple puree.
See Method E for instructions.
The tablet is extremely difficult to crush. Consider wetting the tablet first, or cutting into smaller pieces.

**Calcium and vitamin D supplements:**

**Option 1**
Use the effervescent granules (Calvid).
Disperse the granules in water.
If the person cannot swallow thin fluids, mix the granules with a spoonful of yoghurt or apple puree.
See Method F for instructions.

**Option 2**
Crush the combination tablet and mix with water.
See Method B for instructions.
The tablet is extremely difficult to crush. Consider wetting the tablet first, or cutting into smaller pieces.

REFERENCES: