Notes

If you have questions about your medication, writing them down can help you remember them for your next appointment.

You can write them down here:

LOKELMA®
Sodium zirconium cyclosilicate
powder for oral suspension

Your medicine explained

What you need to know about Lokelma® (sodium zirconium cyclosilicate) and hyperkalaemia.

This booklet is intended for use when you have been prescribed Lokelma for the treatment of your hyperkalaemia. It introduces you to your medicine and will help you develop an understanding of hyperkalaemia.

It is not intended to replace discussions between you and your healthcare professional. Further information about Lokelma can be found in the Patient Information Leaflet which is included in the packaging containing your medicine and should be read before you start taking Lokelma.

Lokelma may also be called sodium zirconium cyclosilicate by your doctor.

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AstraZeneca

What is hyperkalaemia?

Hyperkalaemia is when you have high levels of potassium in your blood. Although your body needs potassium to function, too much of it can be dangerous and even life-threatening. However, hyperkalaemia can be managed with the help of your doctor.

Symptoms

Hyperkalaemia doesn't usually cause obvious symptoms. In fact, you may not notice any at all. That's why regular blood tests are important — they're the only way to find out if you have it.

If you do experience symptoms, they may include:

- Muscle weakness
- Numbness or tingling
- Feeling sick
- Other unusual sensations

Those who have very high potassium levels or a sudden spike may also notice:

- An irregular, fast, or fluttery heartbeat
- Shortness of breath
- Chest pain
- Feeling or being sick

If you experience any of these symptoms, seek medical attention immediately.

The causes of hyperkalaemia

You could have hyperkalaemia for a few reasons, including:

Medical conditions

Some health conditions have been shown to increase your risk of hyperkalaemia.

These include:

- Chronic kidney disease
- Heart failure
- Diabetes
- High blood pressure

This may be because your other condition(s) have damaged your kidneys, which means they aren't able to filter out surplus potassium very well.

It could also be caused by some medications — particularly those that are important for managing heart and kidney conditions — as they can reduce the amount of potassium your kidneys can process.

Diet

Most of the potassium in your body comes from what you eat. This means your diet can increase your risk of hyperkalaemia, especially if it includes potassium-rich foods. No one food group is good or bad, but here are some examples of foods higher in potassium you will want to avoid in your diet and consider replacing with ones that are lower in potassium:

> Speak to your doctor, nurse, or dietician for more information, including if you have other dietary requirements (e.g., if you have diabetes).

Higher in potassium*

Fruits
- Avocado (1/4 of a whole)
- Banana (1/2 of a whole)
- Orange (1 medium-sized)
- Mango (1 medium-sized)
- Kiwi (1 medium-sized)

Vegetables
- Broccoli (cooked)
- Tomatoes
- Spinach (cooked)
- Carrot (raw)
- Parsnips

Other foods
- Nuts and seeds (28 g)
- Chicken (85 g)
- Yoghurt
- Milk (all types=1 cup)
- Bran/bran products

Lower in potassium†

Fruits
- Apple (1 medium-sized)
- Plum (1 whole)
- Cherries
- Grapes
- Strawberries

Vegetables
- Cabbage
- Cauliflower
- Peppers
- Lettuce
- Onions
- Watercress

Other foods
- Noodles
- Pasta
- Rice
- Tea (limit to ~450 ml)
- Coffee (limit to ~225 ml)

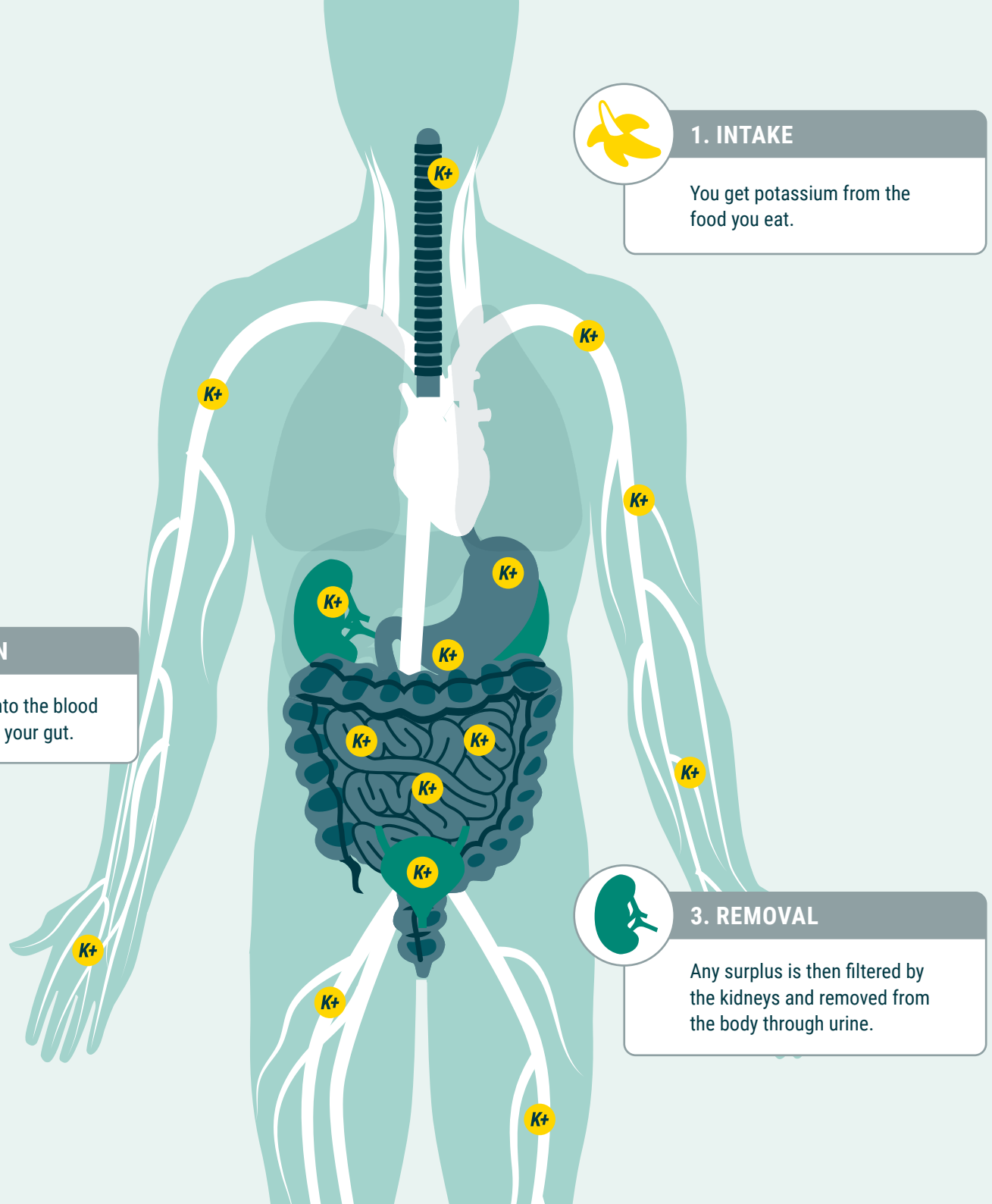
*Foods providing over 200 mg of potassium per serving are considered to be higher in potassium. A serving refers to half a cup of food, unless otherwise stated.

†Foods providing less than 200 mg of potassium per serving are considered to be lower in potassium. A serving refers to half a cup of food, unless otherwise stated.

What is potassium?

Potassium is an essential nutrient that your body needs to function. It's particularly important in helping your muscles, nerves, and heart work effectively.

Take a look at the diagram to see how potassium enters and moves through the body:

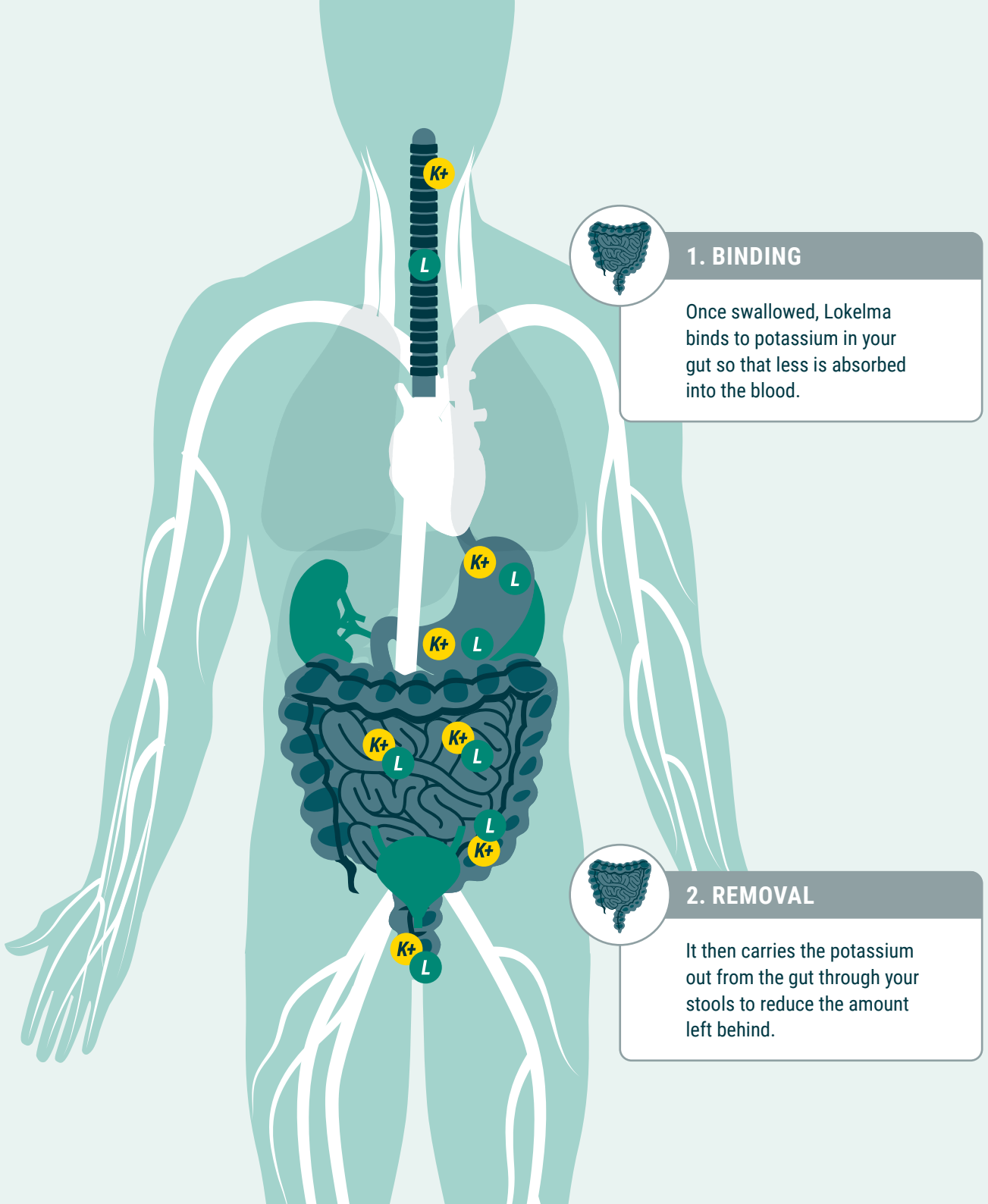


What is Lokelma?

Lokelma is a medicine for the treatment of hyperkalaemia in adults. It works by lowering the high levels of potassium in your body and helps to keep it at a normal level.

Lokelma is not absorbed by the body and doesn't enter the blood. Instead, it works in the gut and is passed in your stools.

Take a look at the diagram to see how potassium passes through the body with Lokelma:



L = Lokelma

K+ = Potassium

Why have you been given Lokelma?

To treat hyperkalaemia

Lokelma lowers the high levels of potassium in your body to manage your hyperkalaemia.

To help you stay on important medicines

Some medicines can increase your risk of hyperkalaemia, particularly those used to treat conditions like heart failure and chronic kidney disease. However, these medicines are very important in protecting the heart and kidneys.

If you are on medication for either condition, taking Lokelma means you can continue with these medicines while managing your hyperkalaemia.

Even though you may not feel a physical benefit from Lokelma, it is helping to manage your hyperkalaemia. Make sure to take your medication as prescribed by your doctor.

Understanding your dosage

Your doctor will determine which dosage of Lokelma is right for you, so it's important to take your medication exactly as prescribed. Your dose may change depending on how high or low your potassium levels are.

Your doctor will start your treatment with a high dose for up to three days. This is designed to quickly reduce your potassium levels.

You will then be given a lower daily maintenance dose.

If you are on haemodialysis, your dosing of Lokelma will be different. Make sure to read through your Patient Information Leaflet and ask any questions you may have to your doctor.

When to take Lokelma

You should take Lokelma as prescribed by your doctor to maintain normal potassium levels. But before you do, here are a few things you need to know:

You should take Lokelma at the same time each day
Setting a daily reminder or alarm on your phone can help you to remember.

Lokelma can be taken with or without food
However, some foods may be naturally high in potassium and could be contributing to your condition. It's a good idea to talk to your doctor about your diet so that they can help you make any necessary changes.

Lokelma can be taken alongside many other medications
But you should always check with your doctor, nurse or pharmacist first as some medications may need a gap in between. Tell your doctor or nurse if you are taking, have recently taken or might take any other medicines.

Do not take Lokelma on days that you are receiving haemodialysis.

What if I miss a dose?
Skip the missed dose and simply take your next dose at your normal time. **DO NOT** take two doses to make up for the forgotten one.

What if I took more than my prescribed dose?
Talk to a doctor straight away. **DO NOT** take any more doses until you have spoken to your doctor.

What if I stop taking Lokelma?
Do not reduce the dose or stop taking this medicine without talking to your doctor. This is because you may get high potassium levels in your blood again.

How to take Lokelma

Lokelma is a tasteless powder that comes in pre-weighed sachets of 5 g or 10 g.

Take it as follows:

1. Pour your prescribed dose into a glass with approximately 45 mL of still (non-carbonated) water.

2. Stir well and drink immediately. *The powder does not dissolve and the liquid will appear cloudy. The powder will settle quickly – if this happens, stir the liquid again and drink immediately.*

3. Rinse glass with a little more water to collect any residue and drink it all. *This is an important step to ensure you're taking the full recommended dose.*

What to expect with Lokelma

Possible side effects

Like all medicines, Lokelma can cause side effects, although not everyone gets them.

Common side effects (may affect up to 1 in 10 people):

- Tiredness, muscle weakness or cramps
  This could mean that your potassium levels have become too low. Talk to your doctor immediately if these symptoms become severe.
- Swelling anywhere in your body (typically the ankles and feet) *This could mean you have a build up of fluid in the tissues.*
- *Constipation*

For the full list of possible side effects, see the Patient Information Leaflet that came with your medicine.

Monitoring your condition

Your doctor will need to keep an eye on how you're doing with treatment. They'll check your potassium levels before you begin taking Lokelma to make sure you're getting the right dose. Attending all your regular checkups means your doctor can make sure your medication is working and give you that peace of mind.

Treatment may be stopped if your blood potassium level becomes too low.

Always tell your doctor or nurse if:

- You're going to have an X-ray. *Lokelma may affect the interpretation of the results.*
- You have sudden or severe pain in your abdomen *This may be a sign of a problem that is seen with medications that work in the gastrointestinal tract.*
- You are taking any medicines which can change your blood potassium levels because your dose of Lokelma may need to be changed. *These include medicines that increase urine production and medicines for heart problems and/or for high blood pressure*
- You have a heart signalling disorder. *Lokelma lowers your blood potassium levels which may affect heart signalling*
- You are on a low sodium diet. *Lokelma contains approximately 400 mg sodium per 5 g dose. This is equivalent to 20% of the recommended maximum daily dietary intake of sodium for an adult.*

Reporting of side effects
If you get any side effects, including those not listed in this booklet, talk to your doctor, pharmacist or nurse. You can also report side effects directly via the Yellow

Card Scheme at: **www.mhra.gov.uk/yellowcard**, or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

Still have questions?
Take a look through the Patient Information Leaflet or speak to your doctor, nurse or pharmacist — they'll be able to help you.

Notes

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