

All About Phosphate Binders

IT TAKES THE POWER OF THREE — **diet, dialysis and medication** — to help manage your high phosphorus.

KIDNEY

PHOSPHATE BINDER

PHOSPHORUS

Why you need a phosphate binder

- ✓ Phosphorus is found in many of the foods you eat every day. Phosphate binders target the excess phosphorus that dialysis can't remove and prevent it from entering your blood.
- ✓ Phosphate binders help prevent the harmful buildup of phosphorus in your body. Too much phosphorus can cause heart and bone disease and painful mineral buildup in your lungs, eyes and skin.

How phosphate binders work

- ✓ Phosphate binders attach to the phosphorus in your food like a magnet to keep it from being absorbed by your body.
- ✓ Follow your doctor's instructions on how to take your phosphate binder and how many tablets you should take with each meal.

To work properly, phosphate binders have to be taken as directed during or immediately after every meal. You can't make up for missed doses.