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Pokonza 10 Meq Oral Packet Potassium

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- **ActiveIngredient:**
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 - **Dosage:**
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Description

Side Effects Upset stomach, nausea, vomiting, gas, or diarrhea may occur. If any of these effects last or get worse, tell your doctor or pharmacist promptly. Remember that this medication has been prescribed because your doctor has judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects. Get medical help right away if you have any very serious side effects, including: vomit that looks like coffee grounds, stomach/abdominal pain, black/tarry stools. A very serious allergic reaction to this drug is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at www.fda.gov/medwatch. In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. **Uses** This medication is a mineral supplement used to treat or prevent low amounts of potassium in the blood. A normal level of potassium in the blood is important. Potassium helps your cells, kidneys, heart, muscles, and nerves work properly. Most people get enough potassium by eating a well-balanced diet. Some conditions that can lower your body's potassium level include severe prolonged diarrhea and vomiting, hormone problems such as hyperaldosteronism, or treatment with "water pills"/diuretics. **How to use Pokonza 10 Meq Oral Packet Potassium** To prevent stomach upset, you must first mix your dose of potassium with a glass (4 to 8 ounces/120 to 240 milliliters) of cold water as directed by your doctor. Some brands may also be mixed with juice. If you are using the liquid form of this medication, carefully measure the dose using a special measuring device/spoon. Do not use a household spoon because you may not get the correct dose. After mixing, slowly drink the entire mixture. Take each dose with a meal or immediately after a meal. If you have upset stomach, mixing your dose in a larger amount of liquid may help. If you have any questions, ask your doctor or pharmacist. Take this medication regularly to get the most benefit from it. To help you remember, take it at the same time(s) each day. The dosage is based on your medical condition and response to treatment. Do not increase your dose or take it more often than prescribed. Tell your doctor if your condition does not improve or if you have symptoms of low potassium in the blood (such as irregular heartbeat, muscle weakness/cramps). **Precautions** Before taking potassium, tell your doctor or pharmacist if you have any allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details.

Before using this medication, tell your doctor or pharmacist your medical history, especially of: heart problems, kidney problems, high levels of potassium in the blood, throat/stomach/intestinal problems (such as blockage, narrowing, ulcers). Liquid products may contain alcohol, sugar, or aspartame. Caution is advised if you have diabetes, liver disease, phenylketonuria (PKU), or any other condition that requires you to limit/avoid these substances in your diet. Before having surgery, tell your doctor or dentist about all the products you use (including prescription drugs, nonprescription drugs, and herbal products). Before using other potassium supplements or salt substitutes that contain potassium, consult your doctor or pharmacist. Too much potassium may cause serious side effects. () During pregnancy, this medication should be used only when clearly needed. Discuss the risks and benefits with your doctor. Potassium passes into breast milk. Consult your doctor before breast-feeding. Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include irregular heartbeat, muscle weakness, confusion. Do not share this medication with others. Lab and/or medical tests (such as potassium blood level, kidney function) should be done while you are taking this medication. Keep all medical and lab appointments. Consult your doctor for more details. Eat a well-balanced diet. Foods high in potassium include bananas, oranges, cantaloupe, raisins, dates, prunes, avocados, apricots, beans, broccoli, spinach, potatoes, lentils, chicken, turkey, beef, and yogurt. Consult your doctor or dietician for recommended foods. If you miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. Store at room temperature away from light and moisture. Do not freeze. Do not store in the bathroom. Keep all medications away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company. Interactions Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Tell your doctor or pharmacist if you are regularly taking other medications that can also raise your potassium level. Examples include drospirenone, eplerenone, ACE inhibitors (such as enalapril, lisinopril), angiotensin receptor blockers (such as losartan, valsartan), potassium-sparing "water pills"/diuretics (such as spironolactone, triamterene), among others.

Side Effects

Uses

Interactions

Other Details
