



Know About Phosphorus. Know My Options.

It is important to avoid foods high in phosphorus (eg, some processed foods) and substitute with lower phosphorus options instead. Fresh and all natural foods that do not contain additives are always the best choices. Sometimes processed foods are unavoidable. Below are examples of processed foods and alternative options you could choose to limit your phosphorus intake. Work with your renal dietitian to plan a menu and meal plans.

INSTEAD OF	TRY
 <p>chocolate cake</p>	 <p>angel food cake</p>
 <p>wheat bread</p>	 <p>white bread</p>
 <p>hard cheese</p>	 <p>cream cheese</p>
 <p>ice cream</p>	 <p>sherbet</p>

Check Out This Tip

Talk to your renal dietitian or doctor to design the diet that is right for you. Some of the recommended foods contain an amount of nutrients or ingredients that may not be suitable for your diet. Remember, portion sizes matter.

Indication

- FOSRENOL is a prescription medicine used in people with end stage renal disease (ESRD) to lower the amount of phosphate in the blood.

Important Safety Information

- Do not take FOSRENOL if you have blocked bowels or severe constipation.

Please see additional Important Safety Information on next page and click here for [Full Prescribing Information and Medication Guide](#).

Important Safety Information (cont)

- Tell your doctor if you have or have had surgery, ulcers, cancer in the stomach or bowel, blocked bowels, constipation, or problems resulting in decreased movement of food through your stomach and bowel (feeling full quickly after eating or constipation) – especially if you also have diabetes. If you have any of these conditions and are taking FOSRENOL, you may have a higher risk of bowel blockage, a hole in the bowel, or severe constipation. These can be serious and may require surgery or hospitalization.
- **Do not swallow tablets whole, as your chance of having serious stomach or bowel problems may increase. Chew tablets completely before swallowing. If you cannot chew tablets completely, or if you have tooth disease, you may crush the tablets completely before swallowing or discuss the oral powder formulation with your healthcare provider. Take FOSRENOL with or right after meals.**
- Tell your doctor if you have, ulcerative colitis, Crohn's disease, or an infection or inflammation of the stomach/bowel (peritonitis).
- Tell your doctor that you are taking FOSRENOL before having an x-ray of your stomach (abdomen).
- The most common side effects reported in clinical studies of FOSRENOL were nausea, vomiting, diarrhea, and stomach pain.
- Tell your doctor about all of the medicines you are taking, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell him or her if you take antacids, antibiotics, or thyroid medicine.
- Talk to your doctor if you are pregnant, plan to become pregnant, or plan to breastfeed. It is not known if FOSRENOL will harm your unborn baby.
- FOSRENOL has not been studied in patients under 18 years of age.

Please click here for [Full Prescribing Information and Medication Guide](#).

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call **1-800-FDA-1088**.

Be sure to consult your healthcare provider with any questions about your condition or treatment.

www.fosrenol.com/patient-support

www.fosrenol.com

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2016 Shire US Inc., Lexington, MA 02421 S15072 08/16

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