

Eat Healthy When Dining Out.

Resources to Help.

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 pages 2 and 3 and click here for [Full Prescribing Information and Medication Guide](#).

FOSRENOL
ON TRACK
SUPPORT PROGRAM



Important Safety Information

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.
- 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.](#)

Mexican Food

| Try | Instead of |
|---|-----------------------------------|
| chili pepper salsa | tomato-based salsa |
| fajitas or chicken tacos (limited cheese or tomatoes) | bean dishes or chili con carne |
| white rice | Spanish rice |

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Italian Food

| Try | Instead of |
|--|----------------------------------|
| salad with oil and vinegar dressing | antipasto |
| pasta dish prepared with fresh lower-potassium vegetables and non-tomato-based sauce (eg, oil and garlic, pesto) | tomato sauces |
| chicken or vegetable pizza (tomato sauce and cheese used lightly) | pizza with pepperoni and sausage |

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.

Asian Food

| Try | Instead of |
|--|---|
| hot pepper oil | soy sauce, fish sauce, or foods with MSG (monosodium glutamate) |
| steamed rice | fried rice |
| sushi made with cucumber and cooked shrimp, crab, or eel; or grilled fish or chicken with stir-fried vegetables (snow peas, string beans, water chestnuts, bean sprouts, and bok choy) that are not served in heavy sauces | entrées made with heavy sauces or sushi rolls made with avocado |

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Fast Food

| Try | Instead of |
|---|---|
| water with lemon or lime, freshly made lemonade, or freshly brewed iced tea | milk shakes or cola sodas |
| unsalted onion rings, coleslaw, macaroni salad | French fries, baked potato, or potato chips |
| regular or junior-sized hamburger | large, super-sized, or king-sized hamburger or cheeseburger |

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Southern Food

| Try | Instead of |
|----------------------------------|--|
| fried chicken with skin removed | salted or cured ham, sausages, bacon, or salt pork |
| string beans, okra, or corn | dried beans or black-eyed peas |
| mustard greens or wilted lettuce | cooked greens or spinach |

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Tips for Eating Healthy When Dining Out

- **Plan ahead.** Go online to check out the menu in advance or call ahead to the restaurant to ask about the menu and how the restaurant prepares its food.
- **Watch portion sizes.** Share your dish with a friend or take it home.
- **Limit the salad dressing.** Ask for salad dressing on the side.
- **No refills.** Ask your server not to refill your glass or cup.
- **Appetizer = meal.** Order an appetizer as your main course.

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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.

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www.fosrenol.com/patient-support
www.fosrenol.com

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