

Patient Information Sheet

Short Bowel Oral Multi-vitamin/Mineral Routine Prescription

(This is a unique prescription that has been compounded at the Medicine Shoppe College Plaza)

RE:

PHN:

1. **Infantol (multivitamin) 5 mL orally t.i.d.**
2. **Calcium - ~ 500 mg (elemental) orally b.i.d.**
 - a. calcium gluconate – Injections – 100 mg/ml (elemental Ca)
 - b. 2.5% calcium gluconate Gel = 500 mg per 25 g sachet
 - c. Gram Cal effervescent tablets = 1000 mg (elemental Ca)
[contains calcium lactate – gluconate and CaCo₃]
 - d. Calcium Sandoz Forte effervescent tablets = 500 mg (elemental Ca)
[contains calcium lactate-gluconate, CaCo₃ and sucrose]
3. **Ferrous sulphate liquid, 300 mg (~60 mg elemental iron) orally b.i.d.**
[should be taken separately from Ca due to interactions]
4. **Osto-forte gel caps (Vitamin D₂) 50,000 IU orally once weekly**
5. **Vitamin K 10 mg orally b.i.d.**
6. **Vitamin E gel caps 800 IU orally daily**
7. **Phosphate Sandoz effervescent tablet 500 mg (~500mg elemental phosphate) orally bid**
8. **K-10 potassium liquid, 60 mL (~78 mEq KCl) orally b.i.d.**
9. **Magnesium - ~ 150 mg orally b.i.d.**
 - a. Magnesium glucoheptonate liquid 30 mL B.I.D. (= 150 mg Mg B.I.D)
 - b. Magnesium oxide tablets – 850mg (500 mg elemental Mg)
- Effervescent tablets have much better taste than liquid

DATE: _____ SIGNATURE: _____