

Could you have too much calcium?

If your blood calcium level is higher than 10.2*, you have **high calcium**.



A high calcium level can affect different parts of your body in many ways:

- **Digestive System:** stomach upset, nausea, vomiting, and constipation
- **Bones and Muscles:** bone pain and muscle weakness
- **Brain:** confusion and fatigue
- **Heart:** hardening of the vessels



If you have these symptoms...

- Talk to your healthcare team.
- Ask the dietitian in your unit about high calcium foods you should avoid.
- Keep all of your treatment appointments
- Stay on the dialysis machine for the full prescribed time.
- Remember to take medications as prescribed by your doctor, such as phosphorus binders.



*milligrams per deciliter



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To file a grievance, please contact:
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