



COUNSELLING TOOL

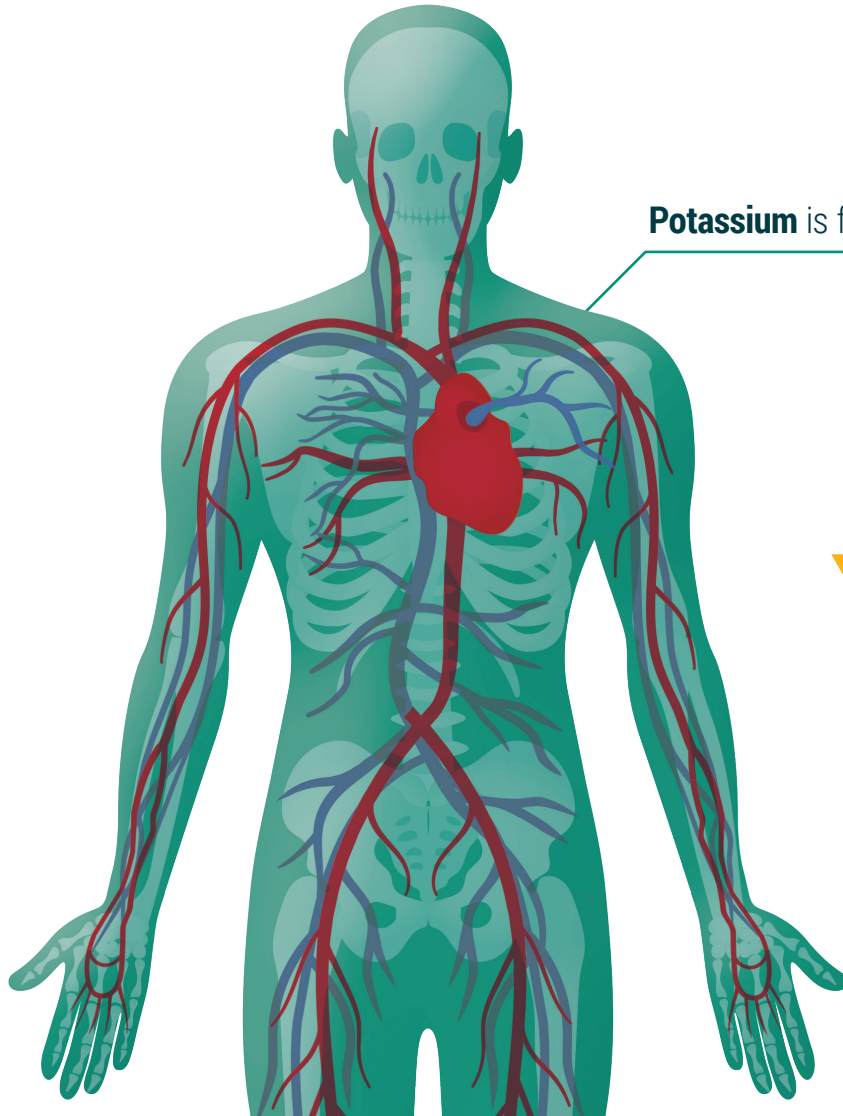
Using **LOKELMA**[®] for the treatment of hyperkalemia



LOKELMA[®]
sodium zirconium cyclosilicate
powder for oral suspension

WHAT IS HYPERKALEMIA?

Hyperkalemia means **high potassium in the blood**.

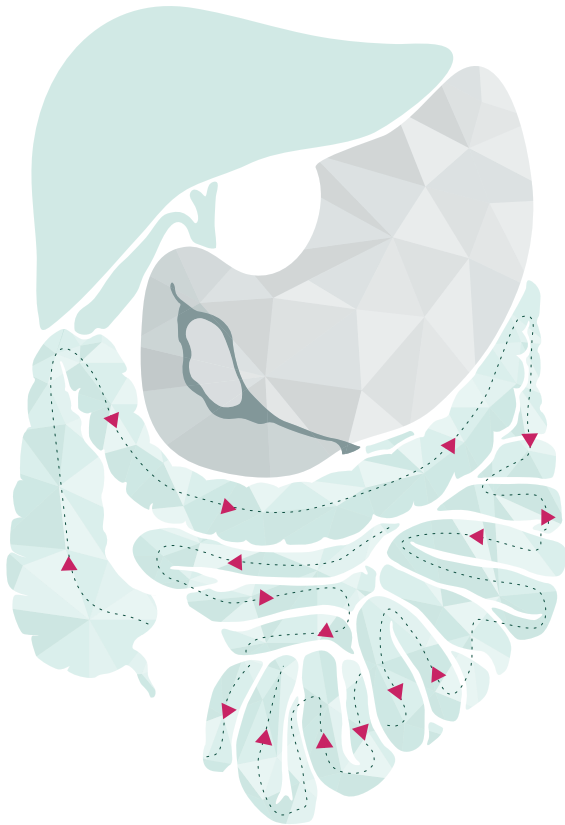


Potassium is found throughout the body

Even in cases of mild hyperkalemia, medical attention can be considered to lower potassium levels.

HOW DOES LOKELMA WORK?

- LOKELMA lowers high potassium levels
- LOKELMA helps maintain potassium levels within a normal range
- As LOKELMA passes through your stomach and gut (large and small intestine), it binds to potassium so it can be carried out of the body in your stools.



The medicinal ingredient
in LOKELMA is sodium
zirconium cyclosilicate.

ABOUT CORRECTION AND MAINTENANCE DOSES

Correction dose – to lower your high potassium to normal



- LOKELMA starts to lower your potassium within **1 hour** of taking it.
- How much your body's potassium levels decrease depends on how high the levels were to begin with.
- Most patients will see their potassium levels return to normal within **24 to 48 hours**.

Maintenance dose – to keep your potassium levels normal



- LOKELMA helps **keep your potassium levels within the normal range** after they have been lowered.

LOKELMA DOSING

Correction dose for hyperkalemia



(or one 10 g sachet every 8 hours)
LOKELMA takes one to two days to work.

Maintenance dose for normokalemia



(or one 5 g sachet once a day)
Your doctor may decide if you need more or less.
Do not take a maintenance dose of
more than 10 g once a day.*

Dosing only for patients on hemodialysis therapy



(or one 5 g sachet once a day)
Your doctor may decide that you need more
(up to 15 g once a day) or that you need to
stop for a few days.

If your doctor recommends a 15 g dose, you will need
to use a 5 g sachet and a 10 g sachet to make a 15
g dose. If you are taking 15 g, you still need to use
approximately 45 mL (3 tablespoons) of water. Do not
take more than 15 g once a day.

* See product information for complete dosing and administration information.

INSTRUCTIONS FOR TAKING LOKELMA*

1. Move powder to bottom of sachet by holding top corner and shaking.
2. Open sachet of LOKELMA and pour the powder into a glass with approximately 45 mL (about 3 tablespoons) of water.
3. Stir well and drink the liquid right away before the powder settles. **The powder does not dissolve, so the liquid will appear cloudy.**
4. Finally, add a little more water to the glass, swirl, and drink again so that ALL the medicine is taken.
5. The mixture (LOKELMA and water) is tasteless.

CORRECTION DOSE



MAINTENANCE DOSE



LOKELMA should be taken at the same time each day, with or without food.

If you forget to take a dose of LOKELMA, skip the missed dose and then take the next dose as usual at your normal time. Do not take a double dose to make up for a forgotten dose.

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DOES LOKELMA HAVE ANY SIDE EFFECTS?

The most common side effects (occurring in more than 1% of patients but in less than 10% of patients) are:

- Low blood potassium (hypokalemia): feeling tired or having muscle weakness or cramps
- Low blood magnesium (hypomagnesemia) abnormal eye movements, fatigue, muscle spasms or cramps, muscle weakness, numbness
- Muscle spasms
- Diarrhea and nausea (gastrointestinal disorder).

Less common side effects (less than 1% of patients) are:

- Low blood calcium (hypocalcemia): confusion or memory loss, muscle spasms, numbness and tingling in the hands, feet, and face, muscle cramps, weak and brittle nails
- Abdominal pain and vomiting (other gastrointestinal disorders)

Talk to your healthcare professional whenever you:

- Have severe constipation
- Have fluid buildup anywhere in the body (edema), usually in the ankles and feet
- Develop a heart rhythm problem (QT prolongation): irregular heartbeat, fainting, loss of consciousness, seizures
- Your heart does not pump as it should (congestive heart failure): shortness of breath, fatigue and weakness, swelling in ankles, legs and feet, cough, fluid retention, lack of appetite, nausea, rapid or irregular heartbeat, reduced ability to exercise.

If you have a troublesome symptom or side effect not listed here that becomes bad or interferes with daily activities, talk to your healthcare professional.

**Read the patient information leaflet that comes with your medication
and ask your healthcare professional if you have any questions.**

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