

Discharge Instructions for Hypophosphatemia (Child)



Your child has been diagnosed with hypophosphatemia. This means there is not enough phosphorus in your child's blood. Phosphorus is a mineral that helps develop bones and teeth. It also helps control energy metabolism. Most cases of hypophosphatemia are caused by other health problems. Here's what you need to know about home care for this condition.

Diet changes

- Unless the healthcare provider tells you otherwise, have your child drink 2 to 3 quarts of fluid each day.
- Keep track of how much fluid your child drinks.
- Increase your child's intake of foods that have phosphorus.
 - Have your child consume more milk, cheese, cottage cheese, yogurt, and ice cream.
 - Have your child eat meat, fish, poultry, eggs, and peanuts.

Other home care

- Give your child all medicine as directed.
- Don't give your child antacids. These can keep your child from absorbing the phosphorus in food.
- Tell the healthcare provider about all prescription and over-the-counter medicines your child is taking. This includes vitamins and herbal supplements. Some of these can cause interactions with other medicines.
- Tell the provider if your child has a history of diabetes or liver, kidney, or heart disease.
- Have your child get back to normal activities as directed by the provider.

Follow-up

- Make a follow-up appointment with the healthcare provider, or as directed.
- Keep all appointments for lab work and follow-up. Your child's condition will need to be watched closely.

When to call your child's healthcare provider

Call the provider right away if your child has any of these:

- Confusion
- Irritable behavior
- Muscle pain
- Upset stomach or vomiting
- Diarrhea that isn't eased by changing your child's diet
- Constipation for more than 2 days

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