

# Discharge Instructions for Hypophosphatemia



You have been diagnosed with hypophosphatemia (not enough phosphorus in your blood). Phosphorus helps develop bones and teeth. It also helps control energy metabolism. Most cases of hypophosphatemia are caused by other health problems.

## Diet changes

- Unless your healthcare provider tells you otherwise, drink at least 8 glasses of water every day.
- Keep track of how much fluid you drink.
- Eat more foods that contain phosphorus.
  - Increase your intake of milk, cream, cheese, cottage cheese, yogurt, puddings, custard, and ice cream. Add powdered milk to foods.
  - Eat meat, fish, poultry, eggs, and peanuts and other nuts and seeds. Also eat beans, lentils, peas, and soy products.
  - Eat bran cereal, granola, oatmeal, and wheat germ.

## Other home care

- Resume your normal activities as directed by your healthcare provider.
- Tell your provider about all prescription and over-the-counter medicines you are taking. This includes vitamins and herbal preparations. Some of these may cause interactions with other medicines.
- Tell your provider if you have a history of diabetes or liver, kidney, or heart disease.
- Take all medicine exactly as directed. In some cases, your healthcare provider will prescribe oral phosphate supplements to you if you have an underlying condition that affects how your body handles phosphate.
- Don't take antacids that contain calcium, magnesium, or aluminum. They may keep you from absorbing the phosphorus in your food. Niacin can also interfere with absorbing phosphorus in your food.

## Follow-up care

- Make a follow-up appointment with your healthcare provider, or as directed.
- Keep all appointments for lab work and follow-up. Your provider needs to monitor your condition closely.

## When to call your healthcare provider

Call your provider right away if you have any of these:

- Confusion
- Irritable behavior
- Pain in your muscles

- Nausea or vomiting
- Diarrhea that is not relieved by antidiarrhea medicine or by changing your diet
- Constipation that lasts longer than 2 days

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