



Pr VELPHORO®
sucroferric oxyhydroxide

STARTING

Pr VELPHORO®?

YOUR GUIDE TO HELP CONTROL YOUR SERUM
PHOSPHORUS LEVELS

What to know about phosphorous in chronic kidney disease



Normal working kidneys can remove extra phosphorus in your blood. When you have chronic kidney disease, your kidneys cannot remove phosphorus very well. Dialysis, diet and medications can help control high phosphorus levels.



Dialysis can remove some phosphorus from your blood but phosphorus levels can rise between dialysis treatments. To help control the phosphorus level in your blood, you can:

Watch what you eat



Phosphorus can be found in food, especially in protein-rich foods.

Take a look at pages 4-5 for tips to help watch your phosphorus intake from food, including:

- Foods to avoid, foods to limit, and foods to choose
- Why portion size is important

Take a phosphate binder



This is a medication that has been prescribed to you by your doctor to help you control your phosphorus levels.

Take a look at pages 6-13 for information on your phosphate binder, **PrVELPHORO®**, including:

- What it's used for and how it works
- How to take it
- Warnings and side effects

Check out page 14 for a meal planner to help you keep track of your diet and phosphate binder.

How to watch your phosphorus intake from food

CHOOSING FOOD WITH LOWER PHOSPHORUS LEVELS



Avoid processed foods containing phosphorus additives.

- Terms like “phosphate,” “phosphite,” or “phosphoric” in the ingredient list can indicate that phosphorus additives have been used.



Try to avoid phosphorus-rich foods like protein-rich animal products.



Choose low-phosphorus options like plant-based foods.

- Your body absorbs a lot less phosphorus from plant-based foods compared to animal-based foods, so instead of meat and dairy, try legumes and almond milk.

See the lists below for examples of foods to avoid, foods to limit, and foods to choose:

Foods to avoid: processed meats, pre-prepared meals, dairy products, salmon, turkey, soft drinks, and egg yolks.

Foods to limit: Beef, veal, lamb, pork, chicken, white fish, tuna, and yogurt.

Foods to choose: fruits, vegetables, egg whites, tofu, legumes, bread, rice, and couscous.

MIND YOUR FOOD PORTIONS



Consider serving size

- A large amount of a low-phosphorus food can turn into a high-phosphorus food. Keep in mind how many servings of each food you're eating per day or per week.



Be mindful of your eating habits

- Healthy eating is more than just the foods you eat. It is also about where, when, why, and how you eat. Being mindful can help you make positive changes to your eating behaviours.



Plan your meals in advance

- Planning what you eat can make it easier to cook more often. Check out page 14 for a meal planner to help you plan and track your food.

To learn about Canada's healthy eating recommendations, visit:
food-guide.canada.ca.*



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GETTING STARTED WITH

pr VELPHORO

What is it used for?

VELPHORO is prescribed to adult patients who have end-stage kidney disease and are on dialysis to control high phosphorus levels.

How does it work?

VELPHORO lowers phosphorus levels in the blood. It helps prevent as much phosphorus from being absorbed into your blood from the foods you eat.

Taking **VELPHORO®**

Always take this medicine exactly as your healthcare professional has told you. Talk to your doctor if you are not sure.

HOW TO TAKE VELPHORO



CHEW

VELPHORO is a **chewable tablet**.
DO NOT swallow it without chewing the tablet first.



BREAK or CRUSH

You can break or crush the tablet into smaller pieces to make it easier for you to chew and swallow it.

When to take **PrVELPHORO®**: Making it part of your routine

Always take **VELPHORO** with a meal. Divide your daily number of tablets across the meals you eat each day.

- If you take 3 tablets a day, take 1 with each meal (breakfast, lunch, and dinner).



+ BREAKFAST



+ LUNCH



+ DINNER

* Tablet is not actual size.

- If you take 4 tablets a day, divide them so that you take 2 tablets with your main meal and 1 tablet at each of your remaining meals.



Actual tablet size.

Dosing information

STARTING DOSE

- The usual starting dose for **PrVELPHORO®** is 3 tablets (1,500 mg) per day.
- Take 1 tablet (500 mg) with each meal (breakfast, lunch, and dinner).

Your doctor will determine the amount of phosphorus in your blood through regular blood tests. Your dose may need to be adjusted until the amount of phosphorus in your blood is acceptable. The maximum recommended dose is 6 tablets (3,000 mg) per day.



TIPS TO HELP YOU REMEMBER TO TAKE ^{PR}VELPHORO®



Put a sticky note on your fridge door.



Keep **VELPHORO** somewhere visible in your kitchen, such as the table or counter.



Program an alarm for each mealtime on your phone.



You can carry **VELPHORO** with you by taking its bottle when you are on the go.



Reach out to your ORIJIN® nurse. Haven't heard of the ORIJIN Support Program yet? Check out the back cover of this brochure for more information.

What do I do if I missed a dose of VELPHORO?



If you miss a dose of **VELPHORO**, skip that dose and take your next dose at your usual time. Do not take double your dose at a meal to make up for a missed dose.

Warnings you should know about

- **PrVELPHORO®** can cause diarrhea, which may become less common with continued treatment.
- **VELPHORO** can cause black stools. This may hide bleeding from your stomach and intestines. Contact your healthcare professional immediately if you are getting more tired and breathless. This may be a sign of bleeding from your stomach or intestines.
- While you are taking **VELPHORO**, your healthcare professional will monitor your phosphorus and iron levels through blood tests. Your dose of **VELPHORO** may need to be adjusted depending on the results of the tests.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements, or alternative medicines. The following may interact with VELPHORO: alendronate, doxycycline, and levothyroxine. If you are taking alendronate or levothyroxine, take it at least one hour before taking VELPHORO. For doxycycline, take it at least one hour before or two hours after taking VELPHORO.



What are possible side effects from using ^{Pr}VELPHORO®?

VERY COMMON

(more than 1 in 10 people):

- Black stools
- Diarrhea (generally occurring early on in the treatment and improving over time)

COMMON

(up to 1 in 10 people):

- Nausea
- Constipation
- Vomiting
- Indigestion
- Pain in stomach and intestines
- Gas

UNCOMMON

(up to 1 in 100 people):

- Bloating (abdominal distension)
- Inflammation of the stomach
- Abdominal discomfort
- Difficulty swallowing
- Acid coming back up from the stomach (gastroesophageal reflux disease)
- Tongue discolouration
- Stained teeth
- Low or high calcium levels in the blood seen in tests
- Tiredness
- Itch, rash
- Headache
- Shortness of breath

These are not all the possible side effects you may feel when taking VELPHORO. If you experience any side effects not listed here, contact your healthcare professional.

Serious side effects of PrVELPHORO® and what to do about them

COMMON: Talk to your healthcare professional in all cases

- Abdominal pain

RARE: Talk to your healthcare professional only if severe

- **Bowel obstruction and/or lesions:** abdominal discomfort, abdominal swelling, cramping, difficulty passing stools, constipation, nausea/vomiting especially after meals, excessive burping, black stools
- **Allergic reactions:** rash, swelling of the face or mouth, difficulty breathing
- **Dysphagia:** difficulty swallowing, problems with your esophagus



Plan to make PrVELPHORO® part of your routine

Use this meal planner to help you keep track of your low-phosphorus diet. You can also note whether you took your **VELPHORO** with your meals. If you want to print copies of this planner so that you can keep using it each day, go to www.velphoroplanner.ca, or use the camera on your phone to scan the QR code below. Either will take you to a digital version that you can print.

Date:

Breakfast: _____

VELPHORO: Yes No

Lunch: _____

VELPHORO: Yes No

Dinner: _____

VELPHORO: Yes No



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Building a support network

Maintaining a good support network is a team effort. It is important for you and your family to build a strong relationship with your healthcare team, so they can support you through your treatment journey.

Your healthcare team can include (but is not limited to):

- Doctor (nephrologist)
- Nurse
- Dietician
- Pharmacist

RESOURCES FOR YOU

More than 40,000 Canadians are currently being treated for kidney failure. The **Kidney Foundation of Canada** has branches and chapters across the country, and provides the following services for all patients living with ESRD:

- Information and referral
- Educational materials
- Short-term financial assistance
- Peer support

Visit **KIDNEY.CA** to learn more!*



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The ORIJIN® Patient Support Program is here for you

WHAT THE ORIJIN PROGRAM HAS TO OFFER:

Counselling services from an ORIJIN nurse on:

- How to take **PrVELPHORO®**
- What to expect during your treatment
- Information related to treating hyperphosphatemia
- Keeping a low-phosphorus diet

ACCESS TO REIMBURSEMENT SPECIALISTS TO HELP YOU WITH:

- Financial assistance
- Reimbursement navigation

Call 1-844-254-6272 to get started.

Go to orijinsupport.ca and enter
your VELPHORO DIN 02471574.
Or scan the QR code



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