What is this medication used for?
Treatment and prevention of hypokalemia (low potassium). Potassium supplements are often used in conjunction with potassium-depleting diuretics (“water pills”) to help restore lost potassium.

How should I take this medication?
Potassium is usually taken by mouth.
Potassium should be swallowed whole. Do not chew or crush.
Potassium is typically taken during the daytime and should be taken with a full glass of water. You should take it WITH food or immediately after eating.
If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and wait until your next regularly scheduled dose. Do not take extra medicine to make up for the missed dose.
Do not take any new medication (prescription or over-the-counter) without checking with your doctor or pharmacist first.

What are the side effects of this medication?
Potassium can cause mild nausea and vomiting, stomach discomfort and loose stools. You should notify your nurse or doctor if you notice any of these mild side effects.
Other side effects not listed may also occur. Check with your physician if you notice any other effects.

Contact your doctor right away if you experience any of the following:
severe stomach pain or vomiting, fast, pounding or irregular heartbeat, trouble breathing, red or black stools with diarrhea, numbness or tingling of the hands or feet, excessive weakness or feeling of heaviness in the legs.

Special Instructions:
Your blood will be tested on a periodic basis to make sure that potassium is not causing any harmful effects. Make sure these tests are completed.
Many types of food contain potassium (bananas, fresh fruits and vegetables and fresh meats) and you should not eat too much of them while using this medicine.
You may notice something that looks like a tablet in your stool. This is part of the dosage form of potassium. This is normal.
Some salt substitutes contain potassium. You should not use these types of salt substitutes while taking potassium.

Brand names: Kaon-Cl®, Kay Ciel®, K-lor®, Klor-Con®, K-tab®, Micro-K®