



Taking Slow Sodium® (Salt) Tablets for Salt Replacement

- In CF, it is very important to replace salt especially when you are sweating.
- If you do not, you could develop certain problems associated with low salt levels in your blood which include: headaches, muscle cramps, nausea, dizziness, weakness, dehydration, constipation, difficulty concentrating and lethargy.
- If you are or have suffered from any of these symptoms make contact with the team on 01253 955088 or text the team mobile on 07826992547.
- To correctly replace the amount you lose is relatively easy using Slow Sodium® tablets. The amount that you use will vary depending on the temperature of your surroundings, how active you are and the severity of the symptoms you experience.
- Remember you can sweat a lot in winter, especially at night with central heating and a thick duvet.
- We suggest people start with **1 or 2 tablets (600 – 1200mg) once or twice a day** and increase according to the above factors **to a maximum of 2 tablets four times a day (8 tablets in 24 hours)**.
- It is very unlikely that you will 'overdose' on salt tablets because you would simply pass any excess in your urine but we suggest you **do not exceed 8 tablets a day**.
- **It is also important that you drink plenty of fluids (e.g. water, juice, cordials). You should drink approximately 2-3 litres per day.** It is thought that dehydration may be a cause for bowel blockages.
- We would like you to be able to vary the dosage yourself and to always have some salt tablets available to you. Please ask one of the doctors to write to your GP to place Slow Sodium® on your list of regular medication if it is not already on your repeat prescription.
- If you do have symptoms and they continue with taking the maximum dose, please contact the team to discuss other possible causes