



## You May Need Extra Calcium

### Calcium helps you and your baby grow and stay healthy, but be careful when using calcium supplements:

- Keep your calcium pills out of reach of children.
- If your child does swallow any, call the California Poison Control right away at
- 1-800-222-1222. You can visit their website at [www.calpoison.org](http://www.calpoison.org) anytime.



### If you are not getting enough calcium in your food:

- Talk to your health care provider about taking calcium pills.
- Take your calcium pills just as your provider tells you to.
- If there is more than one pill, take one every 3 to 4 hours. Do not take all the pills at one time.
- Do not take calcium at the same time as your prenatal vitamins or iron tablets.
- Do not take more than 1,000 mg of calcium a day.
- It is best to take a dose no bigger than 500 mg

### You may have problems when taking calcium:

- You may get constipated or have diarrhea. Ask your health care provider for help.
- If you take too many calcium pills, you could get kidney stones. Take only what your health care provider recommends.

### Stay away from some kinds of calcium pills:

- Do not use calcium phosphate. Your body does not use the calcium in it very well.
- Do not take oyster shells, bone meal, or dolomite pills.
- Some calcium pills and antacids have lead in them. Ask your pharmacist for safe choices.