o Rare side effects are:
  • Weight loss

How do I store this medicine?

o Capsules should be stored at room temperature (15 to 25°C), away from moisture (like the bathroom medicine chest) and away from a child’s reach.

o Liquid should be stored on a lower shelf of a refrigerator (2 to 8°C), away from sunlight and away from a child’s reach.
One-Alpha® (Alfacalcidol) and Hemodialysis

What is One-Alpha®?
- It is a medicine that contains the active ingredient, alfacalcidol which is a form of vitamin D. One-Alpha® is quickly converted in the liver directly to calcitriol, which is the form of vitamin D that the body can use.
- It acts as a hormone in your body to control the levels of calcium and phosphate, which is needed to build healthy bone.
- It is offered as a capsule (0.25ug and 1ug) or as a liquid (2ug/mL).

Why does someone on hemodialysis need this medicine?
- People with kidney disease cannot change enough vitamin D into calcitriol (We get Vitamin D from sunlight, oily fish and milk products in the food we eat).
- This can cause low levels of calcium in the blood and bone problems.
- This medicine skips the step done by the kidneys and increases the amount of vitamin D in your body that can be used.

How do I take One - Alpha®?
- Take it EXACTLY as your doctor tells you.
- Do not stop taking it without first talking with your doctor.
- If you forget to take one dose, take it as soon as you can.
- But, if it is almost time for your next dose, DO NOT double the dose.
- It can be taken with water, and swallowed without chewing.
- It can be taken with or without food.
- If your stomach feels upset after taking it, then try taking this medicine with food.

Are there any side effects I should know about?
- The most common side effects are:
  - Itching and headaches
- Less common side effects are:
  - Upset stomach
  - Vomiting [throwing-up]
  - Constipation [hard to pass stool]
  - Passing more urine [pee] than usual
  - Loss of appetite
  - Drowsiness
  - Dry Mouth
  - Muscle pain or bone pain
  - Heartbeat that is not regular
  - Red eyes
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If you have any questions, please ask your healthcare provider.

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