

Cinacalcet therapy for secondary hyperparathyroidism

Why have I been prescribed this medication?

Secondary hyperparathyroidism occurs when the parathyroid glands become enlarged and release too much Parathyroid Hormone (PTH). This can cause bone disease. It can also cause calcium to build up in tissues and organs, such as the heart and blood vessels. Secondary hyperparathyroidism can happen in patients with kidney disease.

Cinacalcet is a drug that can be used to treat secondary hyperparathyroidism. When too much PTH is produced by the parathyroid glands this can cause a loss of calcium in the bones, which can lead to bone pain and fractures, problems with blood and heart vessels, kidney stones, mental illness and coma.

How does it work?

Cinacalcet reduces calcium levels in the blood by signalling to the body to produce less parathyroid hormone.

What dose do I take?

The usual starting dose for cinacalcet in adults is 30mg (one tablet) once per day, usually with your largest meal of the day.

How do I take it?

- Cinacalcet is available as 30mg, 60mg and 90mg tablets.
- You should always take this medicine exactly as directed by your pharmacist or doctor. Check with your doctor or pharmacist if you are unsure as they will tell you how much cinacalcet you must take.
- You should take the cinacalcet orally with or immediately after food. Tablets should not be chewed or crushed.
- Your doctor will take regular blood samples during treatment to monitor your progress and will adjust your dose if necessary.

Does Cinacalcet interfere with my other medicines?

Cinacalcet can interact with other medicines. You should tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines that lower the level of calcium in

your blood. You should not receive cinacalcet together with etelcalcetide.

Medicines which interact with cinacalcet include:

- Medicines used to treat **skin** and **fungal** infections (ketoconazole, itraconazole and voriconazole).
- Medicines used to treat **bacterial infections** (telithromycin, rifampicin and ciprofloxacin).
- Medicines used to treat HIV infection and AIDS (ritonavir).
- Medicine used to treat depression (fluvoxamine).

Can Cinacalcet cause side effects?

All medicines can cause unwanted side effects which usually improve as your body gets used to the new medication. Some side effects may include:

- Nausea and vomiting, these side effects are normally quite mild and do not last long.
- Dizziness and seizures - if you experience these side effects, do not drive or operate machines.
- Numbness or tingling sensation (paraesthesia), weight loss (anorexia) or decrease of appetite.
- Muscle pain (myalgia) or weakness (asthenia).
- Rash.
- Headaches, cough, abdominal pain, constipation, diarrhoea, back pain, indigestion.

Please tell your doctor immediately:

- If you start to get numbness or tingling around the mouth, muscle aches, cramps or seizures. These may be signs that your calcium levels are too low (hypocalcaemia).
- If you experience swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing.

What happens if I forget to take a dose?

Do not take a double dose to make up for a forgotten dose.

If you have forgotten a dose of cinacalcet, you should take your next dose as normal.

If you take more cinacalcet than you should, you must contact your doctor immediately. Possible signs of overdose include numbness or tingling around the mouth, muscle aches or cramps and seizures.

Is it ok to have cinacalcet during pregnancy and breastfeeding?

If you are pregnant or breastfeeding, think you might be pregnant or are planning for a baby, ask your doctor or pharmacist for advice before taking this medication.

Cinacalcet has not been tested in pregnant women. In case of pregnancy, your doctor may decide to modify your treatment, as cinacalcet may harm the unborn baby.

Smoking

Your dose of cinacalcet may need to change if you start or stop smoking, so please tell your healthcare professional if you start or stop smoking.

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Renal Pharmacists:

- Telephone 01438 284677
- Email - renalpharmacists.enh-tr@nhs.net

Medicines information:

- Telephone 01438 286150
- Email - medinfo.enhtr@nhs.net

Leaflet information

**You can request this information in a different format or another language;
please speak to your doctor or nurse.**

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