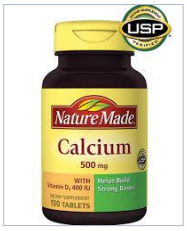
Calcium Survival Work Sheet for the Numb, Tingly, and Muscle Cramping patient following Total Thyroidectomy or Parathyroidectomy



If you are having symptoms of low calcium following surgery, it usually can be alleviated by taking extra calcium and supplements to help the body absorb the calcium. If you have numbness or muscle cramps, please adhere to the follow regimen until symptoms disappear.

Breakfast:	2 Calcium +Vitamin D vitamins (at least 1200 mg) At least 5000 IU Vitamin D3 Magnesium 400 mg 2 TUMS
Lunch:	2 Calcium +Vitamin D vitamins (at least 1200 mg) 2 TUMS
Supper:	2 Calcium +Vitamin D vitamins (at least 1200 mg) Magnesium 400 mg 2 TUMS
Snacks:	All the TUMS you wish. Taking calcium vitamins with orange juice can help with absorption. Diet sodas decrease absorption and are best avoided when calcium is low.

If taking all this and still having symptoms, call office for Rocaltrol prescription to assist in better calcium absorption. Muscle cramping such that breathing or swallowing is affected may require Emergency Room. Please contact the office if you are worried.