Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Calcium and Vitamin D

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Cal-Citrate Plus Vitamin D [OTC]; Calcet Petites [OTC] [DSC]; Calcium + Vitamin D3 [OTC]; Calcium 600+D [OTC]; Calcium Citrate + D3 Maximum [OTC]; Calcium High Potency/Vitamin D [OTC]; Calcium Plus Vitamin D [OTC]; Calcium+D3 [OTC] [DSC]; Caltrate 600+D3 Soft [OTC]; Caltrate 600+D3 [OTC]; Caltrate Bone Health Advanced [OTC]; Caltrate Bone Health [OTC]; Caltrate Gummy Bites [OTC]; Liquid Calcium with D3 [OTC]; Liquid Calcium/Vitamin D [OTC]; One Vite Calcium + D3 [OTC]; OneVite Calcium+D3 [OTC]; Os-Cal Calcium + D3 [OTC] [DSC]; Os-Cal Extra D3 [OTC] [DSC]; Os-Cal [OTC] [DSC]; Oysco 500+D [OTC]; Oyster Shell Calcium + D [OTC]; Oyster Shell Calcium + D3 [OTC]; Oyster Shell Calcium 250+D [OTC] [DSC]; Oyster Shell Calcium 500+D [OTC] [DSC]; Oyster Shell Calcium Plus D [OTC]; Oyster Shell

Calcium/Vit D [OTC]; Oyster Shell Calcium/Vit D3 [OTC]; Pronutrients Calcium+D3 [OTC]; Ultra Calcium + Vitamin D3 [OTC]

What is this drug used for?

- It is used to help growth and good health.
- It is used to prevent or treat soft, brittle bones (osteoporosis).
- It is used to treat or prevent low calcium levels.
- It may be given to you for other reasons. Talk with the doctor.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have any of these health problems: High calcium levels, high vitamin D levels, kidney stones, or low phosphate levels.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is

safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Have your blood work and other lab tests checked as you have been told by your doctor.
- If you are allergic to tartrazine (FD&C Yellow No. 5), talk with your doctor. Some products have tartrazine.
- This drug may prevent other drugs taken by mouth from getting into the body. If you take other drugs by mouth, you may need to take them at some other time than this drug. Talk with your doctor.
- Follow the diet plan that your doctor told you about.
- If you have phenylketonuria (PKU), talk with your doctor. Some products have phenylalanine.
- Too much vitamin D in the body may cause problems. Do not take more of this drug than what your doctor told you to take. Be sure you know the signs of too much vitamin D in the body. If you have questions, talk with

your doctor.

- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of high calcium levels like weakness, confusion, feeling tired, headache, upset stomach and throwing up, constipation, or bone pain.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Upset stomach or throwing up.
- Constipation.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1- 800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?
Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All products:

- Take this drug with food.

Chewable tablets:

- Chew well before swallowing. Some brands may be swallowed whole or dissolved in your mouth. Talk to your pharmacist if you have questions.

Powder:

- Mix with food or liquids before taking.

Liquid:

- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.
- Some of these drugs need to be shaken before use. Be sure you know if this product needs to be shaken before using it.

What do I do if I miss a dose?

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

All products:

- Store at room temperature in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down

a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Liquid:

- After opening, be sure you know how long the product is good for and how to store it. Ask the doctor or pharmacist if you are not sure.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready

to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-

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Last Reviewed Date

2025-06-16

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Calcium and Vitamin D - Last updated on December 12, 2022

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