



Following your total thyroidectomy/parathyroidectomy or completion thyroidectomy you will need to take a Calcium/Vitamin D taper.

This reduces your risk of low calcium levels which could lead to serious side effects such as heart arrhythmias.

Please take the medication as follows:

**Calcium with Vitamin D:**

Oscal-D 500 mg/200 I.U. or something of similar strength. You may ask a pharmacist to assist you with finding something of similar.

**Take 2 tablets three times a day for 7 days,**

**Then take 2 tablets twice a day for 7 days,**

**Then take 2 tablets once a day for 7 days,**

If you feel any extra tingling around your lips and/or cramping in your hands/feet, take an extra dose (2 tablets) each hour for at least two hours to see if it resolves. If symptoms continue after you take the additional calcium, please call (803) 256-7076, as you may need to go to the Emergency Department to be evaluated for low Calcium.