

Low calcium

What are the symptoms of a low calcium?

- **Tingling Sensation:** You might feel a “pins and needles” sensation, usually in your fingers, toes, or around your lips.
- **Muscle Cramps:** You may experience painful muscle contractions or spasms, especially in your hands, feet, or face.
- **Numbness:** Some parts of your body may feel numb, which can be unsettling.
- **Twitching:** Involuntary muscle movements, like eye twitching, may occur.

What should I do if I develop these symptoms?

1. Start taking the calcium tablets you have been discharged with (2 Sandocal tablets twice daily or 4 calcichew tablets twice daily)
2. Send an email to the Endocrine Team ruh-tr.endocrinediabetes@nhs.net – please include your name, date of birth, hospital number and the symptoms you have developed
3. Book a blood test to check your calcium as soon as possible – this can be done either at your GP or in B9 at the Royal United Hospital (07500 052610)
4. Please continue to take the calcium tablets unless you are advised to stop or reduce the dose by the Endocrine Team

What should I do if the symptoms get worse?

If despite treatment your symptoms get worse, then please contact 111 or attend the emergency department.

If your symptoms remain mild, but are persistent then please contact the Endocrine Team ruh-tr.endocrinediabetes@nhs.net. This email will only be answered Monday – Friday 9am – 5pm.

Further information can be found here: <https://www.baets.org.uk/patients/>

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