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## K-Dur

Generic Name: potassium chloride (poe TASS ee um)

Brand Names: *Cena K, K-Dur, K-Lor, K-Tab, Kaochlor S-F, Kaon-Cl, Kaon-CL, Kay Ciel, KCl-20, Klor-Con, Micro-K, Rum-K*

### What is K-Dur?

K-Dur contains potassium chloride. Potassium is a mineral that is found in many foods and is needed for several functions of your body, especially the beating of your heart.

K-Dur is used to prevent or to treat low blood levels of potassium (hypokalemia). Potassium levels can be low as a result of a disease or from taking certain medicines, or after a prolonged illness with diarrhea or vomiting.

K-Dur may also be used for other purposes not listed in this medication guide.

### Important information about K-Dur

You should not use K-Dur if you have kidney failure, Addison's disease, severe burns or other tissue injury, if you are dehydrated, if you take certain diuretics (water pills), or if you have high levels of potassium in your blood (hyperkalemia). Do not crush, chew, break, or suck on an extended-release tablet or capsule. Swallow the K-Dur pill whole. Breaking or crushing the pill may cause too much of the drug to be released at one time. Sucking on a potassium tablet can irritate your mouth or throat. Take K-Dur with food or just after a meal.

To be sure this medication is helping your condition, your blood may need to be tested often. Your heart rate may also be checked using an electrocardiograph or ECG (sometimes called an EKG) to measure electrical activity of the heart. This test will help your doctor determine how long to treat you with potassium. Do not miss any scheduled appointments.

Serious side effects of potassium include uneven heartbeat, muscle weakness or limp feeling, severe stomach pain, and numbness or tingling in your hands, feet, or mouth.

Do not stop taking K-Dur without first talking to your doctor. If you stop taking potassium suddenly, your condition may become worse.

### Before taking K-Dur

You should not use K-Dur if you are allergic to potassium chloride, or if you have certain conditions. Be sure your doctor knows if you have:

- high levels of potassium in your blood (hyperkalemia);

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- kidney failure;
- Addison's disease (an adrenal gland disorder);
- a large tissue injury such as a severe burn;
- if you are severely dehydrated; or
- if you are taking a "potassium-sparing" diuretic (water pill) such as amiloride (Midamor, Moduretic), spironolactone (Aldactone, Aldactazide), triamterene (Dyrenium, Dyazide, Maxzide).

Before using K-Dur, tell your doctor if you are allergic to any drugs, or if you have:

- kidney disease;
- heart disease or high blood pressure;
- a blockage in your stomach or intestines; or
- chronic diarrhea (such as ulcerative colitis, Crohn's disease).

If you have any of these conditions, you may need a dose adjustment or special tests to safely take K-Dur.

FDA pregnancy category C. This medication may be harmful to an unborn [baby](#). Tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known whether K-Dur passes into breast milk or if it could harm a nursing baby. Do not use K-Dur without telling your doctor if you are breast-feeding a baby.

## How should I take K-Dur?

Use K-Dur exactly as directed on the label, or as it has been prescribed by your doctor. Do not use the medication in larger amounts, or use it for longer than recommended.

Do not crush, chew, break, or suck on an extended-release tablet or capsule. Swallow the pill whole. Breaking or crushing the pill may cause too much of the drug to be released at one time. Sucking on a potassium tablet can irritate your mouth or throat. Take K-Dur with food or just after a meal.

Your treatment may include a special diet. It is very important to follow the [diet plan](#) created for you by your doctor or nutrition counselor. You should become very familiar with the list of foods you should eat or avoid to help control your condition.

Potassium-rich foods include: squash, baked potatoes (skin on), spinach, lentils, broccoli, brussels sprouts, zucchini, kidney or navy beans, raisins, watermelon, orange juice, bananas, cantaloupe, and [low-fat](#) milk or yogurt. Consume only the daily amounts recommended by your doctor or nutrition counselor.

To be sure K-Dur is helping your condition, your blood may need to be tested often. Your heart rate may also be checked using an electrocardiograph or ECG (sometimes called an EKG) to measure electrical activity of the heart. This test will help your doctor determine how long to treat you with potassium. Do not miss any scheduled appointments.

Do not stop taking K-Dur without first talking to your doctor. If you stop taking potassium suddenly, your condition may become worse. Store K-Dur at room temperature away from moisture and heat. Keep the medication in a closed container.

## What happens if I miss a dose?

Take the missed dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and take the medicine at the next regularly scheduled time. Do not take extra medicine to make up

the missed dose.

## What happens if I overdose?

Seek emergency medical attention if you think you have used too much of this medicine. Overdose symptoms may include heavy feeling in your arms or legs, confusion, weak or shallow breathing, slow or uneven heartbeat, seizure (convulsions), or feeling like you might pass out.

## What should I avoid while taking K-Dur?

Avoid taking potassium supplements or using other products that contain potassium without first asking your doctor. Salt substitutes or low-salt dietary products often contain potassium. If you take certain products together you may accidentally get too much potassium. Read the label of any other medicine you are using to see if it contains potassium.

## K-Dur side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Stop using K-Dur and call your doctor at once if you have any of these serious side effects:

- confusion, anxiety, feeling like you might pass out;
- uneven heartbeat;
- extreme thirst, increased [urination](#);
- leg discomfort;
- muscle weakness or limp feeling;
- numbness or tingly feeling in your hands or feet, or around your mouth;
- severe stomach pain, ongoing diarrhea or vomiting;
- black, bloody, or tarry stools; or
- coughing up blood or vomit that looks like coffee grounds.

Less serious side effects may include:

- mild nausea or upset stomach;
- mild or occasional diarrhea;
- slight tingling in your hands or feet; or
- appearance of a K-Dur tablet in your stool.

This is not a complete list of side effects and others may occur. Tell your doctor about any unusual or bothersome side effect. You may report side effects to FDA at 1-800-FDA-1088.

**See also:** K-dur side effects (in more detail)

## What other drugs will affect K-Dur?

The following drugs can interact with K-Dur. Tell your doctor if you are using any of these:

- eplerenone (Inspra);
- digoxin (digitalis, Lanoxin);
- quinidine (Quinaglute, Quinidex, Quin-Release);
- a bronchodilator such as ipratropium (Atrovent) or tiotropium (Spiriva);
- an ACE inhibitor such as benazepril (Lotensin), captopril (Capoten), fosinopril (Monopril), enalapril (Vasotec), lisinopril (Prinivil, Zestril), moexipril (Univasc), perindopril (Aceon), quinapril (Accupril), ramipril (Altace), or trandolapril (Mavik); or
- any type of diuretic (water pill) such as bumetanide (Bumex), chlorothiazide (Diuril), chlorthalidone (Hygroton, Thalitone), ethacrynic acid (Edecrin), furosemide (Lasix), hydrochlorothiazide (HCTZ, HydroDiuril, Hyzaar, Lopressor, Vasoretic, Zestoretic), indapamide (Lozol), metolazone (Mykrox, Zarxolyn), or torsemide (Demadex).

This list is not complete and there may be other drugs that can interact with K-Dur. Tell your doctor about all your prescription and over-the-counter medications, [vitamins](#), minerals, herbal products, and drugs prescribed by other doctors. Do not start a new medication without telling your doctor.

## More K-dur resources

K-dur Side Effects (in More Detail)  
K-dur Use in Pregnancy & Breastfeeding  
K-dur Drug Interactions  
K-dur Support Group  
0 Reviews for K-dur - Add your own review/rating

- Potassium Chloride Prescribing Information (FDA)
- Epiklor Prescribing Information (FDA)
- Glu-K Advanced Consumer (Micromedex) - Includes Dosage Information
- K-Tab Prescribing Information (FDA)
- Klor-Con Extended-Release Tablets MedFacts Consumer Leaflet (Wolters Kluwer)
- Klor-Con Prescribing Information (FDA)
- Klor-Con M10 Controlled-Release Tablets MedFacts Consumer Leaflet (Wolters Kluwer)
- Klor-con Powder MedFacts Consumer Leaflet (Wolters Kluwer)
- Klotrix Prescribing Information (FDA)
- Micro-K Extended-Release Capsules MedFacts Consumer Leaflet (Wolters Kluwer)
- Micro-K Prescribing Information (FDA)
- Rum-K Liquid MedFacts Consumer Leaflet (Wolters Kluwer)
- Slow-K Prescribing Information (FDA)

## Compare K-dur with other medications

Hypokalemia  
Prevention of Hypokalemia

## Where can I get more information?

- Your pharmacist can provide more information about K-Dur.

- Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use K-Dur only for the indication prescribed.
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