

MAGNESIUM

DRUG NAME

Generic name: Magnesium (various salts e.g., magnesium aspartate, magnesium oxide, magnesium citrate)
Brand names (Australia): Magmin, Mag-Sup and various other brands

DOSAGE FORM

Available as tablets, capsules, powders, oral liquid

HOW IT WORKS

Has a natural NMDA-blocking effect, so it may calm overactive pain pathways. Sometimes used as a supplement in nerve pain, migraines, or muscle cramps. It supports nerve and muscle function.

- May take **several days to weeks** of regular use to notice improvement in cramps, muscle function, or pain.
- Effect varies between individuals.

Used in pain management, especially for chronic or neuropathic pain, as directed by your doctor.

DOSAGE & FREQUENCY

Your doctor will advise on the starting dose and guide the dose changes.

- start with _____
- if tolerated, increase to _____ after _____ days
- if necessary, increase by _____ every _____ week(s)
- if successive increases are well tolerated *and bring additional benefit*, continue to titrate up to a maximum of _____
- to be reviewed by your doctor on _____

Dose varies depending on formulation and reason for use. Always follow your doctor's instructions.

ROUTE OF ADMINISTRATION

Oral (by mouth) unless otherwise specified.

WHAT ELSE SHOULD I KNOW WHILE TAKING THIS MEDICATION

- Take with food to improve absorption and reduce stomach upset.
- Do not exceed the recommended daily dose (can cause diarrhoea or imbalance with other minerals).
- Check the label of the magnesium supplement for the amount of **elemental magnesium**, as different brands of supplements contain different amounts.
- Be aware that vitamins and other over-the-counter supplements may also contain magnesium.

STORAGE INSTRUCTIONS

Refer to the manufacturer's instructions.

DISPOSAL INSTRUCTIONS

Return unused or expired medication to your pharmacy for safe disposal.

MISSED DOSE INSTRUCTIONS

Ask your doctor or pharmacist.

EMERGENCY INSTRUCTIONS

Seek urgent medical help if you:

- Take too much (overdose can cause diarrhoea, low blood pressure, irregular heartbeat, confusion, or in extreme cases, breathing difficulties).
- Develop a severe allergic reaction (rare).

COMMON SIDE EFFECTS

- Diarrhoea (especially with high doses or poorly absorbed forms)
- Stomach upset
- Nausea

SERIOUS SIDE EFFECTS

- Very low blood pressure, fainting
- Irregular heartbeat
- Muscle weakness
- Breathing difficulties (rare, usually only with very high doses or kidney problems)

MANAGEMENT STRATEGIES FOR SIDE EFFECTS

- Diarrhoea/stomach upset: Take with meals, lower dose, or switch to a different magnesium salt (e.g., citrate or glycinate).
- Nausea: Take after food.

OTHER IMPORTANT INFORMATION

Interactions:

- May interact with antibiotics (e.g., tetracyclines, quinolones), bisphosphonates, and thyroid medication — separate doses by at least 2 hours.
- Can interfere with absorption of iron and zinc if taken together.

Precautions:

- Use with caution in kidney disease, as magnesium can build up and cause toxicity.
- Be aware that vitamins and other over-the-counter supplements may also contain magnesium.

TITRATION DIARY

Date	Dose Taken	Side Effects	Notes (e.g., sleep, pain relief)
