

Effercitrate Tablets

Potassium citrate and Citric acid

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine as described in this leaflet or as your doctor or pharmacist has told you.

- **Keep this leaflet. You may need to read it again.**
- **Ask your pharmacist if you need more information or advice.**
- **If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.**
- **You must contact a doctor if your symptoms worsen or do not improve after 4 days.**

In this leaflet:

1. What Effercitrate Tablets are and what they are used for
2. What you need to know before you take Effercitrate Tablets
3. How to take Effercitrate Tablets
4. Possible side effects
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6. Contents of the pack and other information

1. WHAT EFFERCITRATE TABLETS ARE AND WHAT THEY ARE USED FOR

Effercitrate tablets are effervescent tablets that are dissolved in water to make a drink. Effercitrate helps to relieve the symptoms of cystitis (inflammation of the bladder) by making the urine alkaline and reducing the irritation caused to the bladder lining. You must talk to a doctor if you do not feel better or if you feel worse after 4 days.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE EFFERCITRATE TABLETS

Do not take Effercitrate Tablets if you

- are allergic to potassium citrate, citric acid or any of the other ingredients in Effercitrate (listed in section 6).
- have high levels of potassium in your blood (hyperkalaemia).
- have kidney disease
- have heart disease including an irregular heart beat.
- have Addison's disease (where the adrenal glands do not produce enough of a hormone called cortisol).
- have dark or cloudy urine, or are dehydrated

Warnings and precautions

Talk to your doctor or pharmacist before taking Effercitrate Tablets if you:

- have high blood pressure.

Use with caution if you are elderly, as elderly people react differently to this medicine.

Children

Effercitrate Tablets are not recommended for children under the age of 6 years.

Other medicines and Effercitrate Tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription.

In particular, tell your doctor or pharmacist if you are taking:

- Other medicines containing potassium
- Medicines which make you retain potassium including medicines which make you pass water ('water tablets') more often called diuretics such as amiloride and triamterene.
- Medicines called Aldosterone antagonists such as spironolactone.
- Medicines that increase potassium levels such as ACE inhibitors or aliskiren (for high blood pressure), angiotensin-II receptor antagonists for high blood pressure or heart failure (such as losartan), Cyclosporin and Tacrolimus (medicines used to reduce the risk of organ transplant rejection).
- Nitrofurantoin or methenamine (anti-bacterials for urinary tract infection)
- Aspirin and other salicylates
- Medicines to help ease breathing (Salbutamol, ephedrine, phenylephrine).
- Stimulants such as amphetamines
- Barbiturates (Phenobarbital)
- Tetracycline (antibiotic)
- Digitalis for heart failure

Effercitrate Tablets with food

Effercitrate Tablets should be dissolved in water and taken with food or after food. See section 3.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding ask your doctor or pharmacist for advice before taking this medicine.

3. HOW TO TAKE EFFERCITRATE TABLETS

Always take Effercitrate Tablets exactly as described in this leaflet or as your doctor or pharmacist has told you. You should check with your doctor or pharmacist if you are not sure.

Take this medicine by mouth.

Dose: For adults and children over 6 years: Take two tablets dissolved in a glass of water up to three times daily, preferably with or after meals.

Effercitrate Tablets are not recommended for children under 6 years old.

Effercitrate Tablets will dissolve more quickly in warm water or if stirred.

Do not take more Effercitrate Tablets than the dose recommended above.

If you take more Effercitrate Tablets than you should:

Tell your doctor immediately or go to the nearest hospital casualty department. Take the Effercitrate Tablets with you.

If you forget to take Effercitrate Tablets

Take a dose as instructed above when you remember and then continue your normal course of treatment. Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Effercitrate Tablets can cause side effects, although not everybody gets them.

Some side effects may include:

- an increased production of urine (this is quite normal, and shows the medicine is working).
- an upset stomach (this can be reduced by taking Effercitrate Tablets with meals or after meals).

If any of the side effects gets serious, please tell your doctor or pharmacist.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE EFFERCITRATE TABLETS

Keep out of the sight and reach of children.

Do not store above 25°C.

Always replace the cap on your tube of Effercitrate Tablets, to protect the tablets from moisture.

Do not use Effercitrate Tablets after the expiry date that is stated on the tube and on the carton after EXP. The expiry date refers to the last day of the month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Effercitrate Tablets contain

- The active substances are potassium bicarbonate and citric acid.
When dissolved in water, the solution will contain the equivalent of 1.5g potassium citrate and 0.25g citric acid
- The other ingredients are saccharin sodium, lemon and lime flavour, macrogol 6000, copovidone and magnesium stearate.

What Effercitrate Tablets look like and contents of the pack

Each tube of Effercitrate Tablets contains 12 white effervescent tablets.

Marketing Authorisation Holder: Cambridge Healthcare Supplies Limited, Unit 1 Chestnut Drive, Wymondham, Norfolk, NR18 9SB, United Kingdom.

Manufacturer: J L Bragg Limited, 33-34 Boss Hall Road, Ipswich, Suffolk, IP1 5BN, United Kingdom

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