

PACKAGE LEAFLET: INFORMATION FOR THE USER

Effercitrate Tablets 1.5g

Potassium citrate and Citric acid

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take Effercitrate Tablets carefully to get the best results from it.

- **Keep this leaflet. You may need to read it again.**
- **Ask your pharmacist if you need more information or advice.**
- **You must contact a doctor if your symptoms worsen or do not improve after 4 days.**
- **If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.**

In this leaflet:

1. What Effercitrate is and what it is used for
2. Before you take Effercitrate
3. How to take Effercitrate
4. Possible side effects
5. How to store Effercitrate
6. Further information

1. WHAT EFFERCITRATE IS AND WHAT IT IS 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.

2. BEFORE YOU TAKE EFFERCITRATE

Do not take Effercitrate

- if you are allergic (hypersensitive) to potassium citrate, citric acid or any of the other ingredients in Effercitrate (see section 6).

Take special care with Effercitrate

- if you have heart disease, high blood pressure or have kidney disease.
- If symptoms persist or worsen, see your doctor.

Taking other medicines

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

Pregnancy and breast-feeding

Ask your doctor or pharmacist for advice before taking Effercitrate or any other medicine.

3. HOW TO TAKE EFFERCITRATE TABLETS

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

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

Effercitrate is 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 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

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 product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Effercitrate 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 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 reach and sight of children.

Store in a dry place below 20°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 Use by. The expiry date refers to the last day of the month.

Medicines should not be disposed of via wastewater or household waste.

Ask your pharmacist how to dispose of medicines no longer required.

These measures will help to protect the environment.

6. FURTHER INFORMATION

What Effercitrate tablets contain

- The active substances are potassium citrate (1.5g) and citric acid.
- The other ingredients are saccharin sodium, lemon flavour, lime flavour, macrogol 6000, copovidone and magnesium stearate.

What Effercitrate tablets look like and contents of the pack

Each tube of Effercitrate contains 12 white tablets.

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

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

Date of Leaflet Preparation: May 2014