



# Cymalon

## Important information about Cymalon

- This medicine is used to relieve the symptoms of cystitis.
- It can be taken by adult females only.
- Dissolve the granules in water before swallowing.

## Do not take

- If you are a man or child.
- If you are pregnant. See section 2.

## Talk to your doctor

- If you still have symptoms after 4 days or if you get frequent symptoms. See section 2.

## Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- 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.

## 1. What the medicine is for

Cymalon sachets contain granules to dissolve in water. They treat the symptoms of cystitis in women. Cystitis is an inflammation of the bladder which may be caused by an infection. This causes stinging and burning pain when you pass water. The ingredients in Cymalon make the urine less acid and help reduce the stinging and burning sensation.

## 2. Before you use this medicine

- ☒ **Do not use the medicine if you have**
  - An **allergy** to citric acid (anhydrous), sodium citrate, sodium carbonate, sodium bicarbonate or any of the ingredients listed in section 6. • **Heart disease.** • **High blood pressure.** • **Kidney problems.** • A **salt restriction** in your diet. • Or are **pregnant.**
  - **Men and children** should not use this medicine. Cystitis is much less common in men and children. Talk to your doctor if you are a man or child with cystitis-like symptoms. The doctor will advise you on appropriate medicine for your treatment.

### ⚠ Talk to your doctor if you have

- Symptoms which carry on for more than 4 days after you start taking Cymalon.
- Symptoms which keep recurring.

### ⚠ Talk to your doctor or pharmacist if you are taking

- Lithium for manic depression.
- Methenamine (previously called hexamine) for urinary infections.
- Other medicines as these may be affected by taking Cymalon.

### ⚠ Pregnant or breastfeeding

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Cymalon should not be used in pregnancy unless the doctor has told you to do so.

### ⚠ Important information about some of the ingredients

- This product contains 1047mg of sodium per sachet. This should be taken into consideration if you are on a controlled sodium diet.
- It also contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars or have diabetes, contact your doctor before taking this medicine.

Turn over ➔

### 3. How to use this medicine

Take this medicine by mouth

#### **i** Adults

- Take one sachet, dissolved in a glass of water, three times a day for two days.
- Take all six sachets to complete the treatment.

**DO NOT EXCEED THE STATED DOSE.**

#### **✗** Men and Children

**Do not** give to men or children unless your doctor tells you to.

#### **⚠** If you take too many

If you accidentally take too many sachets, see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

### 4. Possible side effects

Like all medicines, Cymalon can have side effects, although these don't affect everyone.

- Flatulence (wind) may occur.
- Passing water more frequently.

If you notice these or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

### 5. Storing this medicine

- Keep it out of the reach and sight of children.
- Protect from moisture.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

### 6. Further information

#### **What is in this medicine**

**The active ingredients per sachet are:** sodium citrate 2.82g, citric acid (anhydrous) 1.06g, sodium bicarbonate 1.20g, sodium carbonate. 0.13g. (sodium equivalent 1g/sachet).

**The other ingredients are:** caster sugar, sodium saccharin, lemon flavour natural.

#### **What the medicine looks like**

Cymalon sachets contain white to yellow granules which disperse in water to produce a sparkling lemon flavoured solution.

They are supplied in packs of 6 sachets.

#### **Marketing authorisation holder**

Actavis Group PTC ehf Reykjavikurvegi 76-78 220 Hafnarfjörður Iceland.

#### **Manufacturer**

Actavis UK Ltd., Barnstaple, EX32 8NS

This leaflet was last revised in November 2011.

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### Health Information

#### **Cystitis and how it is caused**

Cystitis is an inflammation of the bladder lining. Although there are several possible causes of cystitis the main ones are bacterial infection and bruising during sexual intercourse. To help prevent a further attack, you should:

- Remember to wipe from the front to the back when you go to the toilet.
- Avoid perfumed soaps and bubble baths.
- Try not to wear very tight underwear or jeans.
- Although it will not prevent an attack, it is helpful to start treatment with Cymalon as soon as you recognise the symptoms.

#### **How do I know if I have cystitis?**

The two most common symptoms are a burning sensation when you pass water, and a need to go to the toilet very frequently, even though you may have very little urine to pass. Other symptoms to look out for are darker urine than normal, possibly streaked with blood, a sick feeling and a general pain in your lower abdomen.

#### **Other ways to help relieve the symptoms of cystitis**

- Drink lots of water or bland, non-acidic liquids like milk or weak tea. Try to drink around five pints a day during your 48 hour treatment, if possible and suitable.
- Avoid liquids such as alcohol, coffee, strong tea or fruit juices.
- Pass water as often as you need to – it produces a 'flushing through' effect which helps your natural defences.
- Keep warm.