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PHARMACODE

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Pharmacode Reading Direction

PACKAGE LEAFLET: INFORMATION FOR THE USER

Sodium Bicarbonate 500 mg Capsules, Hard

The product name Sodium Bicarbonate 500 mg Capsules Hard is referred to as Sodium Bicarbonate Capsules in this leaflet.

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects, not listed in this leaflet. See section 4.

What is in this leaflet

1. What Sodium Bicarbonate Capsules are and what they are used for
2. What you need to know before you take Sodium Bicarbonate Capsules
3. How to take Sodium Bicarbonate Capsules
4. Possible side effects
5. How to store Sodium Bicarbonate Capsules
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1. What Sodium Bicarbonate Capsules are and what they are used for

- Sodium Bicarbonate Capsules contains the active substance sodium bicarbonate which belongs to a group of medicines called antacids.
- Sodium Bicarbonate Capsules are used to treat hyperacidity, dyspepsia (indigestion) and to provide symptomatic relief from heartburn and peptic ulceration.
- Sodium Bicarbonate Capsules are also used to treat metabolic acidosis

2. What you need to know before you take Sodium Bicarbonate Capsules

Do not take Sodium Bicarbonate Capsules :
- if you are allergic to sodium bicarbonate or any of the other ingredients of this medicine (listed in section 6)
- if you have reduced stomach acid
- if you have low levels of potassium in the blood
- if you have low levels of chloride in the blood
- if you have low levels of calcium in the blood
- if you have a liver problem
- if you have toxaemia of pregnancy
- if you have problems with urination
- if you have excess sodium in the blood
- if you are under 12 years old

Warning and precautions
Talk to your doctor or pharmacist before taking Sodium Bicarbonate Capsules:
- if you are on a salt-restricted diet
- if you have heart disease
- if you have high blood pressure or high blood pressure due to pregnancy
- if you have kidney disease or kidney stones
- if you are taking steroids

Other medicines and Sodium Bicarbonate Capsules
Tell your doctor or pharmacist if you are taking or have recently taken any other medicine. This includes medicines obtained without a prescription, also herbal medicines. This is because Sodium Bicarbonate Capsules can affect the way some other medicines work. Also, some other medicines can affect the way Sodium Bicarbonate Capsules works:
- lithium
- aspirin and other salicylates
- ACE inhibitors such as captopril, enalapril and fosinapril
- antibacterials and anti fungals such as azithromycin, cefaclor, cephadoxime, isoniazid, itraconazole, rifampicin, tetracyclines, ketoconazole and the quinoline group of antibacterials
- antivirals such as atazanivir, fosamprenavir and tipranavir
- antihistamines such as fexofenadine
- bisphosphonates
- digoxin
- quinidine or dipyridamole (used to treat heart rhythm disorders)
- antiepileptics such as gabapentin and phenytoin
- barbiturates such as phenobarbital
- ulcer healing drugs such as lansoprazole
- levothyroxine
- mycophenolate
- lipid regulating drugs such as rosuvastatin
- antipsychotics such as sulpiride, phenothiazines
- chloroquine
- hydrochloroquine
- penicillamine
- nilotinib
- dipyridamole (to prevent blood clots associated with heart problems).
- corticosteroids such as deflazacort
- tricyclic antidepressants
- sympathomimetics (used to treat e.g. asthma, severe allergic reactions, sinusitis or attention deficit hyperactivity disorder)
- anticholinergics (used to treat e.g. asthma, Parkinson, motion sickness, abdominal cramps and urinary tract disorders)

Sodium Bicarbonate Capsules with food and drink
You can take Sodium Bicarbonate Capsules before or after food as directed by your doctor or pharmacist.

Do not take this medicine with large amounts of milk or milk products or calcium containing products. This may result in milk-alkali syndrome.

Pregnancy and breast-feeding
- If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.
- You should not use this medicine during the first three months of pregnancy unless your doctor feels it is absolutely necessary.

Important information about some of the ingredients in your medicine
Sodium Bicarbonate Capsules contain 137 milligrams (mg) sodium per capsule. Talk to your doctor or pharmacist if you need three or more capsules daily for prolonged period, especially if you have been advised to follow a low salt (sodium) diet.

Driving and using machines
Sodium Bicarbonate Capsules does not affect the ability to drive or operate machinery.

3. How to take Sodium Bicarbonate Capsules

If your doctor has prescribed this medicine, always take Sodium Bicarbonate Capsules exactly as your doctor or pharmacist has told you. If you are not sure how to take this medicine, talk to your doctor or pharmacist.

Do not take more than the prescribed dose. Do not take the capsules for too long without seeing your doctor. If your indigestion does not get any better after taking the capsules, go and see your doctor.

The capsules should be swallowed whole with a drink of water.

Adults
Indigestion: 1 g to 5 g (2 to 10 capsules) taken when required. Metabolic Acidosis: as directed by your doctor.

Elderly
If you are elderly you should consult your doctor before taking this medicine, and must be particularly careful to follow your doctor's instructions.

Paediatric population
Not recommended.

If you take more of your medicine than you should
- Call your doctor or go to your nearest hospital casualty department straight away. Take the medicine pack with you.
- Overdose may make you feel ill.

If you forget to take your medicine
If you forget to take a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose.
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, pharmacist or nurse.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Contact your doctor immediately if you experience:
- belching or flatulence
- increased blood pressure
- fluid retention or fluid in the lungs
- frequent urge to urinate
- headache
- loss of appetite
- mood or mental changes
- nausea or vomiting
- nervousness or restlessness
- slow breathing
- swelling of feet or lower legs
- unpleasant taste
- unusual tiredness or weakness
- extreme irritability
- muscle spasms
- increased potassium in the blood
- increased thirst
- stomach cramps
- stomach discomfort
- bloating
- formation of kidney stones with prolonged use
- Increased bicarbonate in the blood (metabolic alkalosis).

Reporting side effects
If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme Website at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side affects you can help provide more information on the safety of this medicine.

5. How to store Sodium Bicarbonate Capsules

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the packaging. The expiry date refers to the last day of the month.

Store in the original package in order to protect from moisture.

Do not use this medicine if you notice any damage or discoloration to the capsules.

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 protect the environment.

6. Contents of the pack and other information

What Sodium Bicarbonate Capsules contain
The active substance is sodium bicarbonate. Each capsule contains 500 mg of sodium bicarbonate, of which 137 milligrams (mg) is sodium.

The other ingredients are microcrystalline cellulose and magnesium stearate. The capsule shell contains gelatin and Sodium laurilsulfate and the printing ink contains shellac (E904), black iron oxide (E172) and Propylene Glycol (E1520).

What Sodium Bicarbonate Capsules look like and contents of the pack
Empty Hard Gelatin Capsule shell, size"1", Clear Transparent Cap and body, imprinted with SB on Cap and 500 on body, containing white to off-white granular powder or powder plug.

These capsules are available in pack sizes of 56.

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