

## Information for the user



# Indigestion Relief Orange Flavour 500mg Tablets Calcium Carbonate

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

This medicine is available without prescription to treat minor conditions. However, you still need to take it 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.

### **What this medicine is for**

This medicine contains Calcium Carbonate which belongs to a group of medicines called antacids that act to neutralise excess acid in the stomach.

It can be used to relieve the symptoms of indigestion, heartburn, acidity and wind.

### **Before you take this medicine**

This medicine can be taken by adults and children aged 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

### **X Do not take:**

- **If you are allergic** to calcium carbonate or any other ingredients
- **If you have high blood calcium levels or low levels of phosphate in your blood**
- **If you have been told by your doctor that you have high levels of calcium in your urine**
- **If you have kidney stones or kidney problems**
- **If you have an overactive parathyroid gland**
- **If you suffer from Zollinger-Ellison syndrome**, (a tumour in the stomach that causes excess acid production)
- **If you are on a low phosphate diet**
- **If you have heart problems and are taking cardiac glycosides (e.g. digoxin)**
- **If you are under 12 years of age.**

### **Warnings and precautions**

**Please see your doctor or pharmacist before taking this medicine if:**

- you are elderly
- you have diabetes
- your symptoms persist for more than 7 days.

Long term uses at high doses can result in undesirable side effects such as high levels of calcium in the blood and milk-alkali syndrome (a condition in which there is a high level of calcium in the body). Prolonged use possibly enhances the risk for the development of kidney stones.

**Do not take this medicine within 2 hours of taking other medicines** by mouth, as it can interfere with the action of some other medicines.

## Other important information

**Pregnancy:** If you are pregnant talk to your doctor or pharmacist before taking this medicine.

**Breastfeeding:** You can take this medicine if you are breastfeeding if taken in line with instructions in this leaflet.

**Driving and using machines:** The effects of this medicine on driving and using machines is not known.

### Information about some of the ingredients in this medicine:

#### This medicine contains dextrose and lactose.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Contains approximately up to 1g of dextrose per dose. This should be taken into account in patients with diabetes mellitus.

#### This medicine contains the colour sunset yellow (E110).

It may cause allergic reactions.

**This medicine contains less than 1 mmol sodium (23mg) per tablet**, that is to say essentially 'sodium-free'.

## If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Tetracycline or quinoline antibiotics (for infections) (e.g. sumycin and tetracycln)
- Heart medicines (especially digoxin) or beta-blockers (e.g. atenolol, metoprolol and propranolol) which can also be used to treat high blood pressure
- Bisphosphonates (for bone problems)
- Water tablets (thiazide diuretics) used to treat high blood pressure and fluid retention (e.g. chlortalidone and metolazone)
- Ketoconazole, used to treat fungal infections
- Medicines used for the treatment of schizophrenia and bipolar disorder
- Drugs used to treat rheumatoid arthritis and metabolic disorders (e.g. penicillamine)
- Medicines used to lower stomach acid (H2-antihistaminics)
- Chloroquine, used to treat malaria
- Glucocorticoids, used to treat allergic, inflammatory and autoimmune disorders
- Oral iron medicines used to treat anaemia
- Thyroxine used to treat an underactive thyroid gland.

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

## ✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many	How often
Adults and children of 12 years and over	One or two	When you need to. <b>Don't take more than 12 tablets in 24 hours.</b>

Suck slowly or chew the tablets.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If your symptoms persist for more than 7 days you must see a doctor or pharmacist.

**! If you take too many tablets:** Talk to a pharmacist or doctor.

If you take too many tablets the following effects may occur: pain in the tummy, being or feeling sick, constipation and muscular weakness.

## **Possible side effects**

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

**If you get any of the following side effects, please stop taking this medicine immediately and see your pharmacist or doctor:**

- Allergic reactions, such as skin rash, peeling of the skin, itching, swollen red areas of the skin, sometimes with shortness of breath or swelling of the mouth, lips, tongue, throat or face.
- Constipation, diarrhoea, nausea, vomiting, stomach pain, belching and passing wind (flatulence)
- Fatigue, confusion, poor appetite, feeling sick or being sick as these may be signs of changes in the amount of calcium and the pH (measure of acidity or alkalinity) of your blood (this is only seen after regular use)
- Muscle weakness
- Heartburn (acid rebound). This is most likely to occur when you stop taking this type of medicine.

## **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](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

## **How to store this medicine**

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Do not use this medicine after the end of the month shown as an expiry date printed on the pack.

## **What is in this medicine**

Each tablet contains Calcium Carbonate 500 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain pregelatinised maize starch, dextrose, maize starch, microcrystalline cellulose, magnesium stearate, sodium saccharin, orange flavour (including lactose) and the colour sunset yellow lake (E110).

This product is available in pack sizes of 24, 48, 72 or 96 tablets blister packed in a carton.

Not all pack sizes may be marketed.

## **Who makes this medicine**

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Wrafton Laboratories Limited Braunton Devon EX33 2DL.

Leaflet prepared February 2023.

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

### **Other formats**

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Indigestion Relief Orange Flavour 500 mg Tablets

Reference number: PL 12063/0018

This is a service provided by the Royal National Institute of Blind People.

Artwork reference: J1H67QAJ1