

## Package Leaflet: Information for the patient

### Adcal® 1500 mg Chewable Tablets

Calcium carbonate

**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 or pharmacist.
- 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 or pharmacist. This includes any possible side effects not listed in this leaflet.

#### **What is in this leaflet:**

1. What Adcal is and what it is used for
2. What you need to know before you take Adcal
3. How to take Adcal
4. Possible side effects
5. How to store Adcal
6. Contents of the pack and other information

#### **1. What Adcal is and what it is used for**

Adcal contains calcium which is essential for healthy bones and teeth. Adcal provides extra calcium to your diet. It is therefore used in conditions where your body's calcium levels need to be increased. Adcal can be prescribed by doctors for certain bone conditions.

#### **2. Before you take Adcal**

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

- If you are allergic to calcium carbonate or any of the other ingredients of this medicine (listed in Section 6).
- If you have a higher than normal level of calcium in your blood (hypercalcaemia).
- If you have very high levels of calcium in your urine (severe hypercalciuria).
- If you have severe kidney failure and are not being treated by renal dialysis.
- If you have kidney stones.
- If you have osteoporosis due to long-term immobility.

##### **? Warnings and precautions**

Talk to your doctor or pharmacist before taking Adcal.

Tell your doctor or pharmacist if you:

- have higher than normal levels of calcium in your urine (mild to moderate hypercalciuria).
- have mild to moderate problems with your kidneys.
- have previously been told by your doctor that you have an intolerance to some sugars.
- are taking any other medication, even those you may have bought for yourself without prescription.

##### **! Other medicines and Adcal**

Tell your doctor if you are taking calcium supplements or antacids for indigestion, digitalis drugs (e.g. Lanoxin), diuretics or corticosteroids.

If you are taking thyroxine, bisphosphonates, iron or fluoride medicines, tetracycline or quinolone antibiotics make sure your doctor knows this. When taking these medicines leave a period of about 4 hours before taking your Adcal tablets. Do not take them at the same time.

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

#### **Adcal with food**

This medicine should not be taken within 2 hours of eating foods rich in oxalic acid (e.g. spinach and rhubarb), phosphate (e.g. bran), or phytic acid (e.g. whole cereals).

#### **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.

In pregnancy or when breast feeding, Adcal should only be used under medical supervision.

#### **Important information about some of the ingredients of Adcal**

The tablets contain a small amount of sugar and may be harmful to the teeth if used for a prolonged period.

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

### **3. How to take Adcal**

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

**Adults, elderly and children** - 2 tablets daily, ideally one tablet taken in the morning and one in the evening, just before, during or straight after a meal.

Adcal tablets should be chewed. Do not swallow whole.

**!** **If you take more Adcal than you should** - You should only take what your doctor recommends. If you take too many Adcal tablets contact your doctor or pharmacist if you can do so. If not, go to the nearest hospital casualty department immediately, taking the Adcal pack and remaining tablets with you.

**If you forget to take Adcal** - If you forget to take your tablet, take it as soon as possible and continue to take the tablets as normal. Do not take a double dose to make up for a forgotten tablet.

**If you stop taking Adcal** – Always talk to your doctor or pharmacist before stopping using Adcal.

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

### **4. Possible side effects**

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

**Rare side effects** (affecting fewer than 1 in 1,000 people)

- Constipation, wind, feeling sick, stomach ache, diarrhoea.

If you are on long term treatment your doctor may, from time to time wish to check the level of calcium in your blood and take urine samples to monitor kidney function.

### **Reporting of 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: [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.

### **5. How to store Adcal**

- 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 carton. The expiry date refers to the last day of that month.
- Do not store above 25°C.
- Store in the original package. Keep container in the outer carton.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines you no longer use. These measures will help protect the environment.

### **6. Contents of the pack and other information**

#### **What Adcal contains**

- The active substance is calcium carbonate. Each tablet contains 1500 mg calcium carbonate, (equivalent to 600 mg calcium).
- The other ingredients are xylitol (E967), polydextrose, pre-gelatinised starch, sodium saccharin (E954), magnesium stearate, and fruit flavour (containing propylene glycol and maltodextrin).

#### **What Adcal looks like and contents of the pack**

The tablets are white, flat faced and circular in shape.  
Adcal tablets are provided in packs of 100 tablets.

#### **Marketing Authorisation Holder:**

Grünenthal Ltd  
TOR Building  
Saint Cloud Way  
Maidenhead  
Berkshire  
SL6 8BN  
United Kingdom

#### **Manufacturer:**

Biokirch GmbH  
21220 Seevetal  
Germany

#### **Additional information**

If you have been prescribed Adcal Chewable Tablets for the treatment or prevention of osteoporosis and would like further information you should speak to your doctor or pharmacist.

**This leaflet was last revised in 05/2024**