Potassium tablets effervescent BPC 1968
Potassium Hydrogen Carbonate and Potassium Hydrogen Tartrate

Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.

Index
1. What Potassium tablets effervescent BPC 1968 are and what they are used for
2. Before you take
3. How to take
4. Possible side effects
5. How to store
6. Further information

1. What Potassium tablets effervescent BPC 1968 are and what they are used for
Potassium tablets effervescent BPC 1968 belong to a group of medicines called potassium supplements, they may be used to treat:

- all cases of potassium reduction resulting from:
  - intensive or prolonged treatment with diuretics (water tablets e.g. furosemide or hydrochlorothiazide)
  - digitalis treatment (medicines for the heart such as digoxin)
  - corticosteroid or carbenoxolone sodium treatment
  - advanced liver disease
  - chronic kidney disease
  - Cushing's syndrome (this condition can cause muscle weakness, obesity and brittle bones)
  - diabetic ketosis (poorly controlled diabetes, patients may feel unwell, have severe stomach pains or fruity smelling breath)
  - renal tubular or metabolic acidosis (too much acid in the body)
  - a diet low in salt or potassium
  - conditions causing prolonged or chronic diarrhoea and vomiting.

2. Before you take
Do not take Potassium tablets effervescent BPC 1968 and tell your doctor if you have:

- high levels of potassium in the blood (hyperkalaemia)
- low levels of chloride in the blood (hypochloraemia)
- severely impaired kidney function with little or no urine production or high levels of waste products such as urea in the blood
- untreated **Addison’s disease**
- acute **dehydration**
- large areas of **injury** to **body tissue** such as severe burns.

**Check with your doctor or pharmacist** before taking Potassium tablets effervescent BPC 1968 if you:
- have **liver disease**
- have advanced **kidney failure**
- have **heart disease**
- are **elderly**.

**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. Especially:
- potassium-sparing diuretics (water tablets) such as amiloride, spironolactone or triamterene
- digitalis treatment e.g. digoxin (to treat some heart conditions)
- ACE inhibitors (e.g. captopril, enalapril, lisinopril, ramipril)
- corticosteroids
- carbenoxolone sodium
- ciclosporin or tacrolimus.

**Pregnancy and breast-feeding**
If you are pregnant, planning to become pregnant or are breast-feeding, ask your doctor or pharmacist for advice before taking any medicine.

**Sugar intolerance**
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine, as it contains sucrose.

**Blood tests**
Your doctor may carry out regular tests to check the levels of certain chemicals in your blood.

3. **How to take**
Always take Potassium tablets effervescent BPC 1968 exactly as your doctor has told you. If you are not sure, check with your doctor or pharmacist.

**Dissolve** tablets in **half a tumbler of cold water** before drinking.

**Doses:**

**Adults (including the elderly):**
Usually 4-7 tablets a day. The doctor will decide on the best dose for you. If you are elderly the doctor may monitor your blood chemical levels and give you a lower dose of tablets, especially if you have impaired kidney function.
**Children:**
The doctor will decide on the best dose for you, follow their advice.

**If you take more than you should**
If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any contact your nearest hospital casualty department or tell your doctor immediately. Symptoms of an overdose include high levels of potassium in the blood (hyperkalaemia) which can cause tingling or pins and needles in hands and feet, a lack of energy, confusion, muscle weakness, loss of muscle tone, cold or grey pale skin, irregular heart beat, heart failure (heart block or cardiac arrest) and blood vessel problems causing low blood pressure.

**If you forget to take the tablets**
Do not take a double dose to make up for a forgotten dose. If you forget to take a dose take it as soon as you remember it and then take the next dose at the right time.

**4. Possible side effects**
Like all medicines, Potassium tablets effervescent BPC 1968 can cause side effects, although not everybody gets them. Please tell your doctor or pharmacist if you notice any of the following effects, they get worse or you notice any not listed.

**Stop taking Potassium tablets effervescent BPC 1968 and contact your doctor at once** if any of the following become severe:
- feeling or being sick
- stomach pain or discomfort.

**Tell your doctor** immediately or go to your nearest hospital if you notice any of the following side effects:
- **Allergic reaction** e.g. itchy skin rash, swelling of the face, lips, tongue or throat, or difficulty breathing or swallowing.

**Tell your doctor** if you notice any of the following side effects:
- **Effects of high potassium levels in the blood:** muscle weakness and in severe cases, chest pain and paralysis.
- **Effects on the stomach and intestines:** stomach pain or discomfort, feeling or being sick, diarrhoea and wind.

**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)

By reporting side effects you can help provide more information on the safety of this medicine.
5. **How to store**
Keep out of the reach and sight of children.
Store in a cool dry place and keep airtight.
Do not use Potassium tablets effervescent BPC 1968 after the expiry date stated on the label/carton/bottle. The expiry date refers to the last day of that 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 Potassium tablets effervescent BPC 1968 contain**
- Each tablet contains the following active substances (the ingredients that make the tablets work) 500mg potassium hydrogen carbonate and 300mg potassium hydrogen tartrate equivalent to 6.5mmol of potassium (K⁺).
- The other ingredients are sucrose, saccharin sodium, docusate sodium, povidone, E330, stearic acid, magnesium stearate.

**What Potassium tablets effervescent BPC 1968 look like and contents of the pack**
Potassium tablets effervescent BPC 1968 are white, circular, flat bevelled-edge, uncoated effervescent tablets.

Pack size is 56.

**Marketing Authorisation Holder and Manufacturer**
Actavis, Barnstaple, EX32 8NS, UK.

This leaflet was last revised in October 2015.