

Crampex Tablets

(cholecalciferol, calcium gluconate, nicotinic acid)

Important information about Crampex Tablets

- This medicine is for night time muscle cramp.
- It can be taken by adults including the elderly.

Do not take....

- If you are pregnant. See section 2.
- If you are under 18 years old.

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

Crampex Tablets contain calcium gluconate and cholecalciferol (vitamin D) to increase calcium levels in the blood as low levels of calcium can contribute to muscle cramps. They also contain nicotinic acid to improve circulation. The tablets are for night time muscle cramp.

2. Before you use this medicine

✗ Do not use the medicine if you have....

- An **allergy** to any of the ingredients listed in section 6.
- An **excessive** amount of **calcium in your blood**.
- **Kidney stones**, or have had kidney stones in the past.

⚠ Talk to your doctor if you have....

- Poor kidney function. Treatment with Crampex should be kept as short as possible if this applies.
- High blood pressure.
- Liver problems.
- An ulcer in your digestive system (including your stomach).
- Diabetes.
- Gout.

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

- Digitalis preparations (for a heart problem).

⚠ Pregnant or breastfeeding....

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

3. How to use this medicine

Attacks of cramp usually occur in bouts which last from a few days to several weeks. Often there are several weeks between each series of attacks. In such cases, it is advisable to take the tablets at night for a time and then stop use when you think the attack has passed.

i Dosage

Take this medicine by mouth.

Adults including the elderly

- One or two tablets with plenty of fluid, preferably before going to bed.

✗ Children under 18 years

Do not give to children under 18 unless your doctor tells you to.

DO NOT EXCEED THE STATED DOSE.

Crampex Tablets should be used for a maximum of 4 weeks for any one attack of night cramps. During these periods ensure that your daily fluid intake is also well maintained. Drink plenty of fluids.

Consult a doctor if the tablets have not taken effect within a week of starting treatment.

⚠ If you take too many

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

Turn over ↗

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4. Possible side effects

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

- Hot flushes.
- Itching.
- Dizziness.
- Headache.
- Feeling sick.
- Sickness.
- Mild stomach upsets.
- Liver problems.

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.

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
By reporting side effects you can help provide more information on the safety of this medicine.

5. Storing this medicine

- Keep it out of the sight and reach of children.
- There are no special conditions for storing this medicine.
- 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 tablet are: cholecalciferol 0.02mg, calcium gluconate 200mg, nicotinic acid 20mg.

The other ingredients are: magnesium stearate, povidone, sodium laurilsulfate, starch maize, talc (E553b), pre-gelatinised starch.

What the medicine looks like

Crampex Tablets are round white flat tablets with bevelled edges and are embossed 'CRAMPEX' on one side. They are supplied in blister packs of 12, 24 or 48 tablets.

Marketing authorisation holder

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

Manufacturer

Custom Pharmaceuticals Ltd., Conway Street, Hove, East Sussex, BN3 3LW.

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Health Information

What are leg cramps?

A leg cramp is a pain that comes from a leg muscle. It is due to a muscle spasm which is when a muscle contracts too hard. It usually occurs in a calf muscle, below and behind a knee.

Cramp can be caused by any one of a number of factors such as

- Poor circulation.
- Tiredness.
- Muscle tightness.
- Poor posture.

- Taking certain medicines.
- Or a calcium deficiency.

Dehydration, especially after exercise, can also cause cramp when a chemical imbalance in the muscle makes it suddenly contract.

Advice to help reduce night-time cramp

You may be able to reduce the numbers of cramp attacks by following these simple helpful tips-

- Sleep on your side if possible, with your knees bent and a pillow between them.
- Use light night covers on the bed and wear roomy night clothes. The presence of heavy blankets and tight pyjamas could be partly to blame for muscle cramps.
- Take regular exercise. Walking, swimming and cycling are excellent.
- Yoga is a good way of learning to relax and gently stretch your muscles.

Help prevent cramp during exercise by -

- Warming up correctly before you exercise. Gently stretch your calf muscles. Stand about two feet away from a wall, keeping your heels flat and your legs straight. Lean towards the wall and support yourself with your hands. Hold for 1-15 seconds and repeat ten times.
- Massage your calves by rubbing from the ankle upwards for five minutes on each leg.

Self help treatment for cramp attacks

Normally the best way to treat cramp is to stretch and massage the affected muscle. By doing this most attacks of cramp will soon ease off.

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