

# Calcium Lactate 300mg tablets

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

- 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. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.

## Index

### 1 What Calcium Lactate tablets 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 Calcium Lactate tablets are and what they are used for

Calcium Lactate tablets may be used in those who:

- have a calcium deficiency.
- have osteoporosis (brittle bones).
- have reduced absorption of nutrients after surgery to remove all or part of the stomach (post-gastrectomy malabsorption).
- have bone softening due to vitamin D deficiency (osteomalacia).
- have bone disease due to vitamin D deficiency (rickets).
- are pregnant or breast-feeding.

### 2 Before you take

**Do not take** Calcium Lactate tablets and **tell** your doctor if you:

- are **allergic** (hypersensitive) to calcium lactate or any of the other ingredients in Calcium Lactate tablets (see section 6).

*Continued top of next column*

- have **high** levels of **calcium** in the blood (hypercalcaemia) or urine (hypercalciuria).
- have an **overactive parathyroid gland** (hyperparathyroidism).
- have severe **kidney failure**.
- have **osteoporosis** (brittle bones) caused by immobility or tumours.
- have recently had a large intake of **vitamin D**.
- are taking a **cardiac glycoside** such as digoxin (used for some heart conditions).

### Check with your doctor or pharmacist before taking Calcium Lactate tablets if you:

- have impaired **kidney** function.
- have **heart disease**.
- have **sarcoidosis** (enlarged lymph nodes).
- are giving Calcium Lactate tablets **to a child** with low blood levels of potassium (hypokalaemia).

### 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:

- other vitamin or mineral supplements.
- cardiac glycosides e.g. digoxin (used for some heart conditions).
- tetracycline antibiotics e.g. minocycline (used to treat infections).
- thiazide diuretics (water tablets).
- Corticosteroids (e.g. prednisolone)

### Pregnancy and breast-feeding

If you are pregnant, planning to become pregnant or are breast-feeding, speak to your doctor before taking Calcium Lactate tablets.

*Continued over page*

## 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 lactose.

## Tests

Your doctor may want to monitor your blood and urine levels of calcium particularly if you have had high dose treatment, especially in children.

## 3 How to take

Always take Calcium Lactate tablets exactly as your doctor has told you. If you are not sure check with your doctor or pharmacist.

Swallow the tablets **with water**.

### Doses:

#### Adults (including the elderly)

1-2 tablets (300-600mg) a day.

#### Children over 3 years old

1 tablet (300mg) a day.

#### Pregnant (during the last three months) or breast-feeding women

3-4 tablets (0.9-1.2g) a day.

## If you take more than you should

If you (or someone else) swallow a lot of tablets at the same time or if you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately. Symptoms of an overdose include loss of appetite, unusual tiredness or weakness, feeling or being sick, headache, extreme thirst, feeling of dizziness or spinning, increased urea in the blood, depositing of calcium in tissues such as kidneys and arteries, an increased blood level of cholesterol, irregular heart beat, slow heart beat. Individuals with symptoms of overdose should avoid exposure to direct sunlight.

## 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, Calcium Lactate tablets can cause side effects, although not everybody gets them. Please tell your doctor or pharmacist if you notice any of the following effects or any effects not listed.

- constipation.

## 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.

## 5 How to store

Keep out of the sight and reach of children. Store in a cool dry place.

Do not use Calcium Lactate tablets 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 Calcium Lactate tablets contain

- Each tablet contains the active substance (the ingredient that makes the tablets work) 300mg calcium lactate BP equivalent to 0.96mmol calcium ( $\text{Ca}^{2+}$ ).
- The other ingredients are lactose, magnesium stearate, maize starch and stearic acid.

### What Calcium Lactate tablets look like and contents of the pack

Calcium Lactate tablets are white, circular, biconvex, uncoated tablets. Pack size is 84.

### Marketing Authorisation Holder and Manufacturer

Accord, Barnstaple, EX32 8NS, UK.

This leaflet was last revised in November 2019

*Continued top of next column*