

Effervescent Calcium Gluconate 1g tablets

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor, or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

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1 What Effervescent Calcium Gluconate tablets are and what they are used for

Effervescent Calcium Gluconate tablets may be used:

- as treatment with or without other therapy to stop or slow down the break down of minerals in the bones of those with osteoporosis (brittle bones) where other effective treatment cannot be used.
- as a calcium supplement if you:
 - have bone softening due to vitamin D deficiency (osteomalacia)
 - have bone disease due to vitamin D deficiency (rickets)
 - have reduced absorption of nutrients after surgery to remove all or part of the stomach (post-gastrectomy malabsorption)

- are pregnant or breast-feeding
- have poor nutrition due to an unbalanced diet or digestion problems (malnutrition)
- do not have enough calcium in your diet.

2 What you need to know before you take Effervescent Calcium Gluconate tablets

Do not take Effervescent Calcium Gluconate tablets if you:

- are **allergic** to calcium gluconate or any of the other ingredients of this medicine (listed in section 6).
- have high levels of **calcium** in the **blood** (hypercalcaemia) or **urine** (hypercalciuria)
- have an **overactive parathyroid gland** (hyperparathyroidism)
- have severe **kidney failure**
- have **kidney stones**
- have **osteoporosis** (brittle bones) caused by immobility or tumours
- have recently had a large intake of **vitamin D**. Large amounts of vitamin D should be avoided whilst you are taking Effervescent Calcium Gluconate tablets.

Warnings and precautions

Talk to your doctor or pharmacist before taking Effervescent Calcium Gluconate if you have:

- **heart disease**
- **sarcoidosis** (signs include sore, red bumps on the skin, shortness of breath, persistent cough)
- **kidney stones.**

Other medicines and Effervescent Calcium Gluconate tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Especially:

- other vitamin or mineral supplements
- thiazide diuretics (water tablets)
- corticosteroids (e.g. prednisolone)
- cardiac glycosides such as digoxin (used for some heart conditions)
- tetracycline or fluoride preparations, three hours should be left between taking these medicines and Effervescent Calcium Gluconate tablets.

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.

Blood and urine tests

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

Effervescent Calcium Gluconate tablets contain sodium

This medicinal product contains 102.8mg sodium per tablet. To be taken into consideration by patients on a controlled sodium diet.

The maximum recommended daily dose of this medicinal product contains 2056mg sodium (found in table salt). This is equivalent to 102% of the adult recommended maximum daily dietary intake for sodium.

Talk to your pharmacist or doctor if you need Effervescent Calcium Gluconate tablets on a daily basis for a prolonged period of time, especially if you have been advised to have a low salt diet.

3 How to take Effervescent Calcium Gluconate tablets

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Dissolve the tablets in one third to half a tumbler of **water** before taking.

The recommended dose is:

Adults (including elderly)

Osteoporosis:

Usual dose is between 8-20 tablets.

Bone softening or disease due to lack of vitamin D (osteomalacia or rickets), reduced absorption following surgery to remove all or part of the stomach or breast-feeding:
12-20 tablets a day.

Pregnancy supplement or cramps:

1-10 tablets a day.

Use in children:

Half the adult dose.

Infants:

Not recommended.

If you take more Effervescent Calcium Gluconate tablets 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 loss of appetite, unusual tiredness or weakness, feeling or being sick, headache, extreme thirst, feeling of dizziness or spinning, difficulty concentrating or thinking, more frequent urination, itchy skin and red eyes, heart attack or stroke. Individuals with symptoms of overdose should avoid exposure to direct sunlight.

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If you forget to take Effervescent

Calcium Gluconate 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.

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.

Tell your doctor if you notice any of the following side effects, they get worse or you notice any other effects not listed:

- stomach or intestinal disturbances such as constipation or diarrhoea
- irregular or slow heartbeat.

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 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 Effervescent Calcium Gluconate tablets

Keep out of the sight and reach of children. Store below 25°C in a dry place.

Do not use this medicine after the expiry date stated on the label/carton/bottle.

The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6 Contents of the pack and other information

What Effervescent Calcium Gluconate tablets contain

- The active substance is 1g calcium gluconate BP equivalent to 2.23mmol of calcium (Ca²⁺).
- The other ingredients are citric acid, magnesium stearate, povidone, saccharin sodium, sodium bicarbonate, stearic acid, tartaric acid.

What Effervescent Calcium Gluconate tablets look like and contents of the pack

Effervescent Calcium Gluconate tablets are white, circular, flat bevelled-edge, uncoated tablets impressed "C" and the identifying letters "CN" on one face.

Pack size is 28.

Marketing Authorisation Holder and Manufacturer

Accord, Barnstaple, EX32 8NS, UK.

This leaflet was last revised in September 2020