

PATIENT INFORMATION LEAFLET



CYSTITIS *Relief* Sodium Citrate

CRANBERRY FLAVOUR

- ✓ **Effective relief of the symptoms of cystitis**
- ✓ **48 hour complete course**

6 SACHETS

Read all of this leaflet for full instructions.

What this medicine is for

This medicine contains Sodium Citrate which relieves the symptoms of cystitis in women by making the urine less acidic.

Before you take this medicine

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have** diabetes, heart disease, high blood pressure
- **If you have kidney disease** or have had it
- **If you are on a low salt (sodium) diet** (each sachet contains 939 mg of sodium)
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains sucrose)
- **If you are pregnant or breastfeeding**

Talk to your doctor if you have:

- Symptoms which carry on for more than 4 days after you start taking this medicine
- Symptoms which keep recurring

Talk to your doctor or pharmacist if you are taking:

- Lithium for manic depression
- Methenamine for urinary infections
- Other medicines as these may be affected by taking this medicine

✓ **How to take this medicine**

Check the sachet is not broken before use. If it is, do not take that sachet.

Dissolve the contents of the sachet in a glass of water and drink the solution.

This is a 2-day course of treatment.

Adult women: 1 sachet 3 times a day for 2 days.

This medicine is not to be used by men or children.

Do not exceed the stated dose. If symptoms persist or worsen after the 2 day course is completed, consult your doctor or pharmacist. Do not repeat the treatment without medical advice.

If you take too many sachets: Talk to a doctor.

Possible side effects

Most people will not have problems, but some may get some.

If you get the following side effect see your doctor or pharmacist:

- Passing water more frequently

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.

How to store this medicine

Do not store above 25°C.

Store in a dry place.

Keep out of the sight and reach of children.

Use by the date on the end flap of the carton.

Active ingredient

Each sachet of granules contains Sodium Citrate Dihydrate 4 g.

Also contains: sucrose, colloidal silicon dioxide, saccharin sodium, cranberry flavour.

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If you need more advice ask your pharmacist.

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