

Product Name Sando-K Effervescent Tablets
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Component Package Leaflet
Artwork Number PL-POTBRA-EFFTAB-600-400 Rev 01-BN (Elara-LH)

PACKAGE LEAFLET: INFORMATION FOR THE USER

Sando-K Effervescent Tablets

Potassium Chloride, Potassium Bicarbonate

The name of your medicine is Sando-K Effervescent Tablets and will be referred to as Sando-K throughout the rest of this leaflet.

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 side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Sando-K is and what it is used for
2. What you need to know before you take Sando-K
3. How to take Sando-K
4. Possible side effects
5. How to store Sando-K
6. Contents of the pack and other information

1. WHAT SANDO-K IS AND WHAT IT IS USED FOR

Sando-K contains the active substances potassium chloride and potassium bicarbonate. Sando-K is used for the prevention and treatment of low potassium levels.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE SANDO-K

Do not take Sando-K if you

- are **allergic to potassium chloride, potassium bicarbonate or any of the other ingredients** of Sando-K (listed in Section 6). An allergic reaction may include rash, itching, difficulty breathing or swelling of the face, lips, throat or tongue.
- have a **severe kidney disorder** with little or no urine production
- suffer from uncontrolled **Addison's disease** (where the adrenal glands do not produce enough of a hormone called cortisol)
- have high **potassium levels**
- have **crush injuries** (which usually result from major trauma e.g. major road traffic injuries with damage to the chest)
- are **dehydrated**.

Warnings and precautions

Talk to your doctor or pharmacist before taking Sando-K if you

- have **heart disease** or you are taking digitalis (a drug for heart failure)
- have stiff muscles (**myotonia congenital**)
- have severe breakdown of red blood cells
- have a build-up of acid in your blood - your blood will need to be monitored
- have high blood pressure - your treatment may lower it
- are taking **potassium sparing diuretics** (water tablets)
- are taking **ACE inhibitors** (treatments for high blood pressure or heart failure e.g. captopril, enalapril and lisinopril).

Each tablet contains 470 mg Potassium (12 mmol). This should be taken into consideration if you have reduced kidney function.

Periodic blood tests and electrocardiographs (ECG) should be performed whilst you are taking Sando-K.

Other medicines and Sando-K

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

In particular, the following medicines may interact with Sando-K:

- potassium sparing diuretics (water tablets)
- ACE inhibitors (treatments for high blood pressure or heart failure)
- digitalis (a drug for heart failure).

It may still be all right for you to be given Sando-K and your doctor will be able to decide what is suitable for you.

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.

Driving and using machines

Sando-K should have no effect on your ability to drive or use machines.

Sando-K contains sucrose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. HOW TO TAKE SANDO-K

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.

Adults and children

The recommended dose is:

2-4 tablets per day dissolved in 1/3 to 1/2 glass of water (50-70 ml).

The tablets can be taken at meal times if preferred.

For very low potassium levels: larger doses (8-16 tablets per day) may be given.

If you take more Sando-K than you should, you may get pins and needles in your fingers and toes, feel confused, weak, paralysed or listless and have low blood pressure or heart problems. If you take too many tablets, go to the nearest casualty department or contact your doctor immediately. Take your tablet container with you.

If you forget to take Sando-K

If you miss a dose, take one as soon as you can. If you have missed several doses, tell your doctor. Do not take a double dose to make up for a forgotten dose.

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.

All medicines can cause allergic reactions, although serious allergic reactions are very rare.

Tell your doctor straight away if you get:

- Any sudden wheeziness
- Difficulty in breathing
- Swelling of the eyelids, face or lips
- Rash or itching (especially affecting your whole body)

The following side effects have also been reported:

- Abdominal (tummy) discomfort
- Diarrhoea
- Nausea (feeling sick) and vomiting
- Stomach irritation – this is rare and can be reduced by taking Sando-K with food.

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 SANDO-K

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton after EXP. The expiry date refers to the last day of that month.

Do not store above 25°C. Store in the original tube. Keep the tube tightly closed in order to protect from moisture.

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 to protect the environment. Recycle the empty packaging where possible.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Sando-K contains

The active substances are potassium chloride and potassium bicarbonate. Each tablet contains the equivalent of 600 mg potassium chloride and 400 mg potassium bicarbonate.

The other ingredients are: Dioctyle sodium sulphosuccinate, colloidal anhydrous silica, talc (acid washed), sodium saccharin, icing sugar, pulverised sugar, citric acid anhydrous and polyethylene glycol 4000.

What Sando-K looks like and contents of the pack

The tablets are flat, white and effervescent and are available in polypropylene (plastic) tubes of 20 effervescent tablets with a silica gel desiccant capsule. Each carton contains 5 tubes of 20 effervescent tablets.

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