

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.

- 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.
- 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.

In this leaflet:

1. What Sando-K is and what it is used for
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1 WHAT SANDO-K IS AND WHAT IT IS USED FOR

Sando-K contains the active ingredients potassium chloride and potassium bicarbonate.

Sando-K is used for the prevention and treatment of low potassium levels.

2 BEFORE YOU TAKE SANDO-K

Do not take Sando-K if you

- are allergic (hypersensitive) to potassium chloride, potassium bicarbonate or any of the other ingredients of Sando-K (see list of ingredients 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.

Take special care with Sando-K if you

- have heart disease or you are taking digitalis (a drug for heart failure)
- have stiff muscles (myotonia congenita)
- 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 470mg Potassium (12mmol). This should be taken into consideration if you have reduced kidney function.

- If you have been told by your doctor that you have an intolerance to some sugars please be aware that the tablets contain sucrose.

Please tell your doctor if any of the above applies to you.

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

Taking other medicines

You should tell your doctor if you are taking or have taken any medicines, including those obtained without a prescription. 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

Tell your doctor if you are pregnant or breast-feeding and your doctor will decide if it is ok for you to be given Sando-K tablets.

Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

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

3 HOW TO TAKE SANDO-K

Dosage

Always take Sando-K exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

The usual dose is:

Adults and children

2-4 tablets per day dissolved in 1/3 to 1/2 a glass of water. Can be taken at meal times.

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

If you take more Sando-K than you should

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.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4 POSSIBLE SIDE EFFECTS

Like all medicines, Sando-K 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)
- abdominal (tummy) discomfort
- diarrhoea
- nausea (feeling sick) and vomiting
- stomach irritation – this is rare and can be reduced by taking Sando-K with food.

If you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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 HOW TO STORE SANDO-K

Keep out of the sight and reach of children.

Do not use the drug after the date indicated on the carton.

Do not store above 25°C. Store in the original container.

Keep the container tightly closed.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer needed. These measures will help to protect the environment.

6 FURTHER INFORMATION

What Sando-K contains

The active substances are potassium chloride and potassium bicarbonate.

Each tablet contains the equivalent of 0.6g potassium chloride and 0.4g potassium bicarbonate.

The other ingredients are:

Diocetyl sodium sulfosuccinate, colloidal anhydrous silica, talc (acid washed), sodium saccharin, icing sugar, pulverised sugar, citric acid anhydrous, polyethylene glycol 4000 and purified water.

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.

Marketing Authorisation Holder

ALTURIX Ltd
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Manufacturer

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This medicinal product is authorised in the Member States of the EEA under the following names:

Sando-K

This leaflet was last revised in

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