Li-Liquid™ 1018mg/5ml Oral Syrup
Lithium Citrate (equivalent to 400mg/5ml Lithium Carbonate)

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

Li-Liquid™ is and what it is used for
The name of your medicine is Li-Liquid 1018mg/5ml Oral Syrup (referred to as Li-Liquid in this leaflet). It contains lithium citrate. This belongs to a group of medicines called ‘anti-maniacs’.
Lithium acts on the brain to calm your moods and emotions.
Lithium can be used to:
- treat mania (over-excitability and exaggerated emotions) and hypomania (a milder form of mania)
- treat bipolar depression
This is a condition where you have large mood swings from low mood and feelings of sadness (depression), to feeling excited and overactive. Lithium will be given when other antidepressant drugs have not worked.
- prevent mood problems that happen a lot
- control aggressive feelings or if you have been intentionally harming yourself.

2. What you need to know before you take Li-Liquid
Do not take Li-Liquid and tell your doctor if:
- you are allergic (hypersensitive) to lithium or any other ingredients in this liquid (listed in section 6). The signs of an allergic reaction can include a rash, swelling of your lips, face, throat or tongue, itching or shortness of breath
- you have kidney problems
- you have thyroid problems that are not being treated. The signs of these include tiredness, feeling weak, muscle weakness, cramps, feeling cold, a slow heart rate, dry and flaky skin, hair loss, a deep husky voice or weight gain
- you are on a low sodium diet or have low body sodium levels, including being dehydrated
- you have Addison’s disease. This is where your adrenal glands are not working properly. The signs of this are weakness, tiredness, weight loss and low blood pressure
- you are pregnant, think you are pregnant or breast-feeding
- you have a rare condition called Brugada syndrome, or if anyone in your family has had Brugada syndrome
This is an abnormal condition of the heart that can make it stop beating.
Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Li-Liquid.

Warnings and precautions
Talk to your doctor or pharmacist before taking this medicine if:
- you currently have an infection
- you have gastroenteritis. This is when you have a problem with your stomach or gut. Signs include diarrhoea, stomach pain, being sick, headache, fever and you have any urinary problems such as infections
- you are elderly
- you are not eating or drinking properly
- you have kidney problems
- you are taking medicines to treat epilepsy
- you have heart problems

What Li-Liquid contains
The active ingredient is lithium citrate. Each 5ml contains 1018mg of lithium citrate. This is the same as 400mg lithium carbonate
The other ingredients are citric acid (E330), saccharin sodium, sorbitol solution (E420), syrup liquorice, propylene glycol (E1520), methyl hydroxybenzoate (E319), propyl hydroxybenzoate (E216), colouring E110, cherry flavour (containing ethylene and propylene glycol) and purified water.

What Li-Liquid looks like and contents of the pack
A bright orange syrup with an odour of cherry. It comes in a brown glass bottle holding 150ml of syrup.

Marketing Authorisation Holder and Manufacturer
Rosemont Pharmaceuticals Ltd, Yardlake Industrial Park, Braithwaite Street, Leeds, LS11 9XE, UK.

This leaflet was last revised in 10/2017

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Continued overleaf
Having operations and tests
- If you are going into hospital for an operation under general anaesthetic, tell the nurse or doctor that you are taking Li-Liquid. You may have to stop taking Li-Liquid. These show that you are taking the right dose. They also check whether your heart, thyroid and kidneys are working properly (see Section 3).

Other medicines and Li-Liquid:
Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines you buy without a prescription, including herbal medicines. This is because Li-Liquid can affect the way some other medicines work.

If you are pregnant or breast feeding:
You may be more sensitive to the medicine. This means you have more of a chance of developing some of the side effects listed in Section 4. Your doctor will start you on a lower dose.

Take Li-Liquid with food and drink:
It is important that you drink plenty of fluids whilst taking this medicine particularly in very hot weather or if your workplace is very hot.

Pregnancy and Breast-feeding:
Information for women who could become pregnant:
- If you are planning to become pregnant, talk to your doctor about stopping the medicine
- You should make sure that you use adequate contraception whilst taking lithium

Information for women who are pregnant:
- If you find out you are pregnant while taking Li-Liquid, tell your doctor straight away
- Do not take Li-Liquid if you are pregnant, especially in the first 3 months of your pregnancy

If your doctor decides that you should have Li-Liquid while you are pregnant, he or she will
- keep a close eye on the level of lithium in your blood
- The lithium level is adjusted in such a way that you are not likely to experience side effects
- If lithium is stopped, your baby is born.

If it is decided you should have Li-Liquid during late pregnancy or during labour, your baby may appear 'floppy'. This returns to normal without any treatment.

Breast-feeding:
- do not take this medicine if you are breast feeding. This is because small amounts may pass into the mother's milk

Driving and using machines:
This medicine may slow down your reactions or make you feel drowsy. If this happens to you, you should not drive or use any tools or machines.

Li-Liquid contains metals such as parahydroxybenzoate, propyl parahydroxybenzoate, glucose, sorbitol, ethanol and sunset yellow:
- Methyl and propyl hydroxybenzoates (E218 and E216). These may cause an allergic reaction. This allergy may happen some time after starting the medicine

Glucose and sorbitol (E420).
- If your doctor has told you that you cannot tolerate some sugars, see your doctor before taking this medicine. It contains 1.7g of glucose in each 5ml. When taken according to dosage recommendations, the maximum dose supplied is up to 1.7g of glucose. This should be taken into account in patients with diabetes mellitus and may be harmful to teeth.

Ethanol (alcohol). This product contains a small amount of alcohol, less than 100mg per dose.

Sunset Yellow (E110). This may cause an allergic reaction and is more common in those who are allergic to aspirin.

3. How to take Li-Liquid
Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Taking this medicine:
- this medicine contains 1018mg of lithium carbonate in each 5ml. This is the same as 400mg lithium carbonate
- take this medicine by mouth
- if you feel that the effect of your medicine is too strong or too weak, do not change the dose yourself, but talk to your doctor or pharmacist
- your doctor will check your blood levels while you are taking this medicine. These tests will be done just before you are due to take Li-Liquid and not less than 12 hours after your last dose.

It is important that you do not miss these tests. The tests will be:
- 4 to 5 days after you have started your treatment
- then every week until your lithium levels are at a constant level in your blood
- once the levels are stable, you will have this test every 3 months.

Thoughts of harming or killing yourself:
If you have a mood disorder, you can sometimes have thoughts of harming or killing yourself. These may be increased when first starting Li-Liquid or changing your dose of Li-Liquid. Like other medicines of this kind, Li-Liquid may not relieve your symptoms straight away. If you have thoughts of harming or killing yourself, or worsening your symptoms at any time, contact your doctor or go to a hospital straight away.

You may find it helpful to tell a relative, close friend or carer that you have a mood disorder, and ask them to read this leaflet. You might ask them to tell you if they think your mood disorder is getting worse, or if they are worried about changes in your behaviour.

Adults
The usual dose for adults is:
- when first taking lithium, one to three 5ml spoonfuls. This will be split into two doses, one in the morning and one in the evening.
- your doctor will then change your dose according to your blood levels.

Children
Lithium is not recommended for children and adolescents.

Older people
If you are an older person you may be more sensitive to the medicine. This means you have more of a chance of getting some of the side effects listed in Section 4. Your doctor will start you on a lower dose.

If you take more Li-Liquid than you should:
- do not take a doctor or go to a hospital straight away. Take the medicine pack with you so the doctor knows what you have taken

If you forget to take Li-Liquid:
Do not take a double dose (two doses at the same time) to make up for forgotten doses. Skip the missed dose then go on as before.

If you stop taking Li-Liquid:
Keep taking Li-Liquid until your doctor tells you to stop. Do not stop taking your medicine suddenly just because you feel better. If you stop, there may be a recurrence. When your doctor says that you can stop taking Li-Liquid, your dose will be lowered gradually. Your doctor will help you to do this.

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

4. Possible side effects
Like all medicines, lithium can cause side effects, although not everybody gets them.

Stop taking the medicine and contact your doctor or hospital casualty department straight away if you get:
- an allergic reaction to Li-Liquid such as skin rash, taking skin, boils or sore lips and mouth, suddenly wheezing, flushing or tightness of the chest or collapse
- irregular or slow heart beats
- high blood pressure, swollen hands and feet and swelling around the eyes, more infections than usual. These could be signs of a kidney problem called 'nephrotic syndrome'

Continued overleaf
Having operations and tests

- If you are going into hospital for an operation under general anaesthetic, tell the nurse or doctor that you are taking Li-Liquid.
- You may need to have blood tests before and whilst taking Li-Liquid. These show that you are taking the right dose. They also check whether your heart, thyroid and kidneys are working properly (see Section 3).

Other medicines and Li-Liquid

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines you buy without a prescription, including herbal medicines. This is because Li-Liquid can affect the way some other medicines work.

Also, some medicines can affect the way Li-Liquid works as this can affect the levels of lithium in your blood.

In particular, check with your doctor if you are taking any of the following:

- Some other medicines containing lithium
- Medicines used for infections (antibiotics) - such as
  - co-trimoxazole, erythromycin, doxycycline or erythromycin
- Steroids - used for inflammation and allergic reactions (such as
  - prednisolone, betamethasone or hydrocortisone)
- Thioepalnine - used for weakening or difficulty in breathing
- Caffeine found in some medicines for pain relief that you buy without a prescription
- Water tablets (diuretics) - such as
  - triamterene, chlorothiazide, indapamide, bendroflumethiazide
- Propylthiouracil or iodine
- Urea - used in some creams that soften and moisturise the skin
- Non-steroidal anti-inflammatory drugs (NSAIDs) - used to treat pain and swelling
  - ibuprofen, naproxen, diclofenac, flurbiprofen, naproxen, ketoprofen, ketorolac
- Medicines used for heart problems or high blood pressure - such as
  - enalapril, lisinopril or enalapril (ACE inhibitors)
- Medicines used to control your heart beat - such as quinidine, diisopropylamine, amiodarone and sotalol
- Lisinopril/losartan, fexofenadine (called 'antihistamines II receptor antagonists')
- Some medicines for indigestion - such as aluminium (antacid) - such as sodium bicarbonate and alginic acid
- calcium carbonate - used for hypo-examscosis and Paget's disease (bone loss

The following medicines can increase the chance of side effects when taken with Li-Liquid. Tell your doctor if you are taking any of the following before taking Li-Liquid:

- Some medicines used for depression (SSRIs), Snoddy's and tricyclic derivatives - such as fluoxetine, paroxetine or fluoxetine
- Medicines used to calm emotional and mental illnesses - such as haloperidol, flupentixol, diazepam, thioridazine, amitriptyline, flufenazapine, chlorpromazine or clozapine. Co-administration with Li-Liquid may increase the risk of a serious but rare side effect called ‘neuroleptic malignant syndrome’, which may be fatal
- Methylphenidate used for high blood pressure
- Some medicines used for this (antidepressants) - such as carbamazepine or phenytoin
- Medicines used for chest pain (angina) or high blood pressure - such as diltiazem or verapamil

Taking Li-Liquid with food and drink

It is important that you drink plenty of fluids whilst taking this medicine particularly in very hot weather or if your workplace is very hot.

Pregnancy and Breast-feeding

Information for women who could become pregnant

- If you are planning to become pregnant, talk to your doctor about stopping the medicine
- You should always try to use effective contraception whilst taking lithium

Information for women who are pregnant

- If you find out you are pregnant while taking Li-Liquid, tell your doctor straight away
- do not take Li-Liquid if you are pregnant, especially in the first 3 months of your pregnancy
- If your doctor decides that you should have Li-Liquid while you are pregnant, he or she will
  - keep a close eye on the level of lithium in your blood. This is because your kidneys work differently while you are pregnant
  - arrange for appropriate tests before your baby is born.

If it is decided you should have Li-Liquid during late pregnancy or during labour, your baby may appear 'floppy'. This returns to normal without any treatment.

Breast-feeding

- do not take this medicine if you are breast-feeding. This is because small amounts may pass into the mother’s milk.

Driving and using machines:

This medicine may slow down your reactions or make you feel drowsy. If this happens to you, you should not drive or use any tools or machines.

Li-Liquid contains methylparahydroxybenzoate, propylparahydroxybenzoate, glucose, sorbitol, ethanol and sunset yellow:

- Methyl and propyl hydroxybenzoates (E218 and E211). These may cause an allergic reaction. This allergy may happen some time after starting the medicine

- Glucose and sorbitol (E420). If your doctor has told you that you cannot tolerate sugars, see your doctor before taking this medicine. It contains 1.7g of glucose in each 5ml. When taken according to dosage recommendations, the maximum dose supplies up to 10.2g of glucose. This should be taken into account in patients with diabetes mellitus and may be harmful to teeth.
- Ethanol (alcohol). This product contains a small amount of alcohol, less than 100mg per dose.

Sunset yellow (E110). This may cause an allergic reaction and is more common in those who are allergic to aspirin.

3. How to take Li-Liquid

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

Taking this medicine

- this medicine contains 1018mg of lithium citrate in each 5ml. This is the same as 400mg lithium carbonate
- take this medicine by mouth
- If you feel that the effect of your medicine is too strong or too weak, do not change the dose yourself, but talk to your doctor or pharmacist
- Your doctor will check your blood levels while you are taking this medicine. These tests will be done just before you are due to take Li-Liquid and not less than 12 hours after your last dose.

It is important that you do not miss these tests. The tests will be:

- 4 to 5 days after you have started your treatment
- then every week until your lithium levels are at a constant level in your blood once the levels are stable, you will have this test every 3 months.

Thoughts of harming or killing yourself

If you have a mood disorder, you can sometimes have thoughts of harming or killing yourself. These may be increased when first starting Li-Liquid or changing your dose of Li-Liquid. Like other medicines of this kind, Li-Liquid may not relieve your symptoms straight away. If you have thoughts of harming or killing yourself or worsening of your symptoms at any time, contact your doctor or go to a hospital straight away.

You may find it helpful to tell a relative, close friend or carer that you have a mood disorder, and ask them to read this leaflet. You might ask them to tell you if they think your mood disorder is getting worse, or if they are worried about changes in your behaviour.

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The usual dose for adults is:

- when first taking lithium, one to three 5ml spoonfuls. This will be split into two doses, one in the morning and one in the evening.
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If you are an older person you may be more sensitive to the medicine. This means you have more of a chance of getting some of the side effects listed in section 4. Your doctor will start you on a lower dose.

If you take more Li-Liquid than you should

- talk to a doctor or go to a hospital straight away. Take the medicine pack with you so the doctor knows what you have taken.

If you forget to take Li-Liquid

Do not take a double dose (two doses at the same time) to make up for forgotten doses. Skip the missed dose then go on as before.

If you stop taking Li-Liquid

Keep taking Li-Liquid until your doctor tells you to stop. Do not stop taking your medicine suddenly just because you feel better. If you stop, your illness may return. When your doctor says that you can stop taking Li-Liquid, your dose will be lowered gradually. Your doctor will help you to do this.

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

4. Possible side effects

Like all medicines, lithium can cause side effects, although not everybody gets them.

Stop taking the medicine and contact your doctor or hospital casualty department straight away if you get:

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- irregular or slow heart beats
- high blood pressure, swollen hands and feet and swelling around the eyes, more infections than usual. These could be signs of a kidney problem called ‘neprotic syndrome’

Continued overleaf
Li-Liquid ™ 1018mg/5ml Oral Syrup
Lithium Citrate (equivalent to 400mg/5ml Lithium Carbonate)

What is in this leaflet
1. What Li-Liquid is and what it is used for
2. What is Li-Liquid and is it used for
3. How to take Li-Liquid
4. Possible side effects
5. How to store Li-Liquid
6. Contents of the pack and other information

What Li-Liquid contains
- The active ingredient is lithium citrate. Each 5ml contains 1018mg of lithium citrate. This is the same as 400mg lithium carbonate
- The other ingredients are citric acid (E330), saccharin sodium, sorbitol solution (E420), syrup liquid glucose, propylene glycol (E1520), methyl hydroxybenzoate (E218), propyl hydroxybenzoate (E216), colouring E110, cherry flavour (containing ethanil and propylene glycol) and purified water.

What Li-Liquid looks like and contents of the pack
A bright orange syrup with an odour of cherry. It comes in a brown glass bottle holding 150ml of syrup.

Marketing Authorisation Holder and Manufacturer
Rosemont Pharmaceuticals Ltd, Yorkdale Industrial Park, Brighthwaite Street, Leeds, LS11 9XE, UK.

This leaflet was last revised in 1/02/2017

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