**Cystitis Relief**

4g Granules for Oral Solution

sodium citrate

Read all of this leaflet carefully before you take this medicine because it contains important information you need to know.

This medicine is available without prescription; however, you still need to use this product carefully to get the best results from it. Keep this leaflet as you may need to read it again. Ask your pharmacist if you need more information or advice.

1. **What is this medicine and what is it used for?**

This medicine contains:

- sodium citrate, which is used to relieve discomfort in urinary tract infections such as cystitis, by making the urine less acidic.

These sachets are used for the relief of the symptoms of cystitis in women. Cystitis is an inflammation of the bladder, which causes:

- discomfort in urinary tract infections such as cystitis
- sensation when passing water.

2. **Is this medicine suitable for you?**

Do not take this medicine if you:

- are allergic to sodium citrate or any of the other ingredients
- suffer from heart disease
- have high blood pressure
- have diabetes

Talk to your doctor if you have:

- a history of kidney disease
- are on a low sodium (salt) diet

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.

Please see your doctor or pharmacist before taking this medicine if you:

- have an intolerance to some sugars

Other important information:

- Pregnancy and breastfeeding: This medicine is not recommended if you are pregnant or breastfeeding. Please see your doctor or pharmacist before taking this medicine.

Information about some of the ingredients in this medicine:

Contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor or pharmacist before taking this medicinal product.

3. **How to take this medicine**

Mix the contents of the sachet with a (200ml) glass of water and drink immediately.

- Adult women: 1 sachet 5 times a day for 2 days. This medicine is not to be used by men or children.
- Do not exceed the stated dose.

4. **Possible side effects**

Most people do not have any side effects while taking this medicine. However, if you experience any side effects, or anything unusual happens, stop taking the medicine and contact your doctor or pharmacist immediately.

Possible side effects:

- Passing water more frequently.
- Passing water more urgently.
- Feeling sick.
- Abdominal pain.
- Sweating.
- Headache.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

Keep this leaflet as you may need to read it again. Ask your pharmacist if you need more information or advice.

5. **How to deal with side effects**

Keep out of the sight and reach of children. Do not use this medicine after the expiry date printed on the pack. Store below 25°C in a dry place.

6. **What is in this medicine?**

Each 4g sachet of granules contains the active ingredient: sodium citrate dihydrate 4.0g.

The other ingredients are: sucrose (sugar), 1.5g, colloidal anhydrous silica, saccharin sodium and cranberry flavouring.

This product is available in a pack size of 12 sachets.

7. **Who makes this medicine?**

The Marketing Authorisation holder and manufacturer is Wrafton Laboratories Limited, Braunton, Devon, EX33 2DL, UK.

Distributed by: Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK.

Need Advice? Call 0845 758 5050 (Calls charged at local rate)

You can also report side effects directly via the Yellow Card Scheme at:

www.mhra.gov.uk/yellowcard

The Marketing Authorisation holder is Bayer Healthcare Limited, Reading, RG2 6AD, UK.


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To be taken into consideration by patients on a controlled sodium diet.

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