

PATIENT PACKAGE INSERT

IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986

Read this package insert carefully in its entirety before using this medicine. The format of this leaflet was determined by the Ministry of Health and its content was checked and approved.

CALCIUM SANDOZ

500 mg

 **NOVARTIS**

Effervescent Tablets

Composition:

Each tablet contains:

Active Ingredients and their quantities:

Calcium Lactate-Gluconate	1.132 g
Calcium Carbonate	0.875 g
(Equivalent to 500 mg of available calcium)	

Inactive Ingredients:

Each tablet contains: 68.45 mg sodium. Citric acid anhydrous, Macrogol 6000 (Polyethylene glycol 6000), Orange flavor powder, Aspartame, Sodium hydrogen carbonate, Magnesium stearate.

Indication:

Calcium supplement in states of calcium deficiency and requirement for calcium supplementation.

When should the preparation not be used?

Do not use this medicine if you are sensitive to any of its ingredients. Do not use this medicine in case of hypercalcaemia, hypercalciuria, severe renal failure, kidney stones, sarcoidosis, stomach aches and vomiting.

Do not take this medicine without consulting a doctor before starting treatment:

If you are pregnant in the first/third trimester or breastfeeding.

If you suffer, or have suffered in the past, from impaired function of: the liver, the kidney/urinary tract or stone formation in the urinary tract, the digestive system (e.g. ulcer, intestinal obstruction, constipation or hemorrhoids), dehydration or electrolyte imbalance in the blood, the thyroid gland, phenylketonuria (the medicine contains aspartame).

How will this medicine affect your daily life?

Avoid excessive use of tobacco, alcoholic beverages or beverages containing caffeine.

Warnings:

Do not use this medicine frequently or for a long period of time without consulting your doctor.

During prolonged treatment with this medicine or with high doses of the medicine, tests for calcium concentration in the blood should be conducted.

If you are sensitive to any type of food or medicine, especially medicines containing calcium, inform your doctor before commencing treatment with this medicine. Avoid concomitant intake of high dose of vitamin D while taking calcium.

Drug Interactions:

If you are taking another drug concomitantly, or if you have just finished treatment with another medicine, inform the attending doctor, in order to prevent hazards or lack of efficacy arising from drug interactions. This is especially important for medicines belonging to the following groups: thiazide diuretics, corticosteroids, digitalis (for the heart), medicines containing calcium and other calcium supplements, other medicine containing vitamin D, oral antibiotics of the tetracyclines type – tetracyclines should be taken at least 2 hours before or 4-6 hours after taking Calcium Sandoz 500 mg, bisphosphonate or sodium fluoride – should be taken at least 3 hours before taking Calcium Sandoz 500 mg.

Side effects:

In addition to the desired effect of the medicine, adverse reactions may occur during the course of taking this medicine, such as: rare - gastrointestinal discomfort (diarrhea, constipation, bloating, vomiting, abdominal pain); very rare – hypercalcaemia, allergic reactions (rash, itching).

If these side effects get worse and in the event that you experience side effects not mentioned in this leaflet, or if there is a change in your general health, consult your doctor immediately.

Side effects and drug interactions in children:

Parents must inform the attending doctor about any side effects, as well as any additional medicine given to the child!

See above for details of special side effects and drug interactions.

Dosage:

Dosage will be determined according to diet.

Recommended dosage unless otherwise prescribed by your doctor:

Children over 10 years of age and adults: 1-2 tablets per day.

Children up to 9 years of age: 1 tablet per day.

Do not exceed the recommended dosage.

This medicine is to be taken at specific time intervals as determined by the attending doctor.

If you forget to take this medicine at the specified time, take the dose as soon as you remember, but never take a double dose to compensate for a missed one!

The medicine is permitted for use in diabetic patients.

Attention:

Wait at least two hours between taking this medicine and eating foods rich in phytic acid or oxalic acid (e.g. spinach, foods containing fibers such as bran, whole wheat bread and grains).

Directions for use:

Take the medicine with or immediately after a meal.

Dissolve this medicine in a glass of water before taking it. Drink the solution immediately after dissolution.

How can you contribute to the success of the treatment?

Complete the full course of treatment as instructed by your doctor.

Even if there is an improvement in your health, do not discontinue use of this medicine without consulting your doctor.

Avoid poisoning!

This medicine, and all other medicines, must be stored in a safe place out of the reach of children and/or infants, to avoid poisoning.

If you have taken an overdose, or if a child has accidentally swallowed the medicine, proceed immediately to a hospital emergency room and bring the package of the medicine with you.

Do not induce vomiting unless explicitly instructed to do so by a doctor!

Do not take medicines in the dark! Check the label and the dose each time you take your medicine. Wear glasses if you need them.

Storage:

Store below 25°C.

Close firmly and prevent penetration of air and humidity.

Even if kept in their original container and stored as recommended, medicines may be kept for a limited period only. Please note the expiry date of the medicine! In case of doubt, consult the pharmacist who dispensed the medicine to you.

Do not store different medications in the same package.

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