139.7mm

209.55mm

Calcium Carbonate 500mg Chewable Tablets

PATIENT INFORMATION LEAFLET

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:
- **calcium carbonate** which is an antacid and helps to reduce acidity in the stomach.

These tablets are for the relief of indigestion, heartburn, stomach pain or discomfort (dyspepsia), acidity and passing wind (flatulence).

2. Is this medicine suitable for you?

Do **not** take this product within two hours of taking other medicines by mouth, as it can interfere with the action of some other medicines.

Do not take this medicine if you:
- are **allergic** to calcium carbonate or any of the other ingredients
- have kidney problems, including kidney stones
- have an overactive parathyroid gland
- have heart problems and are taking cardiac glycosides (e.g. digoxin)
- are on a low phosphate diet
- have been told by your doctor that you have high levels of calcium or low levels of phosphate in your blood
- have been told by your doctor that you have high levels of calcium in your urine
- have Zollinger-Ellison syndrome (a tumour in the stomach that causes excess acid production)
- are under 12 years of age.

Warnings and precautions

Please see your doctor or pharmacist before taking this medicine if:
- you are elderly
- you have diabetes
- your symptoms persist for more than 7 days.

Long term uses at high doses can result in undesirable effects such as high levels of calcium in the blood and milk-alkali syndrome (a condition in which there is a high level of calcium in the body). Prolonged use possibly enhances the risk for the development of kidney stones.

If you are taking any of the following medicines please see your doctor:
- tetracycline or quinolone antibiotics (e.g. sumycin and tetracyn)
- are taking any heart medicines (especially digoxin) or beta-blockers (e.g. atenolol, metoprolol and propranolol) which can also be used to treat high blood pressure
- bisphosphonates, a group of medicines used to treat bone diseases (e.g. etidronate and pamidronate)
- thiazide diuretics, sometimes called water tablets, which are medicines used to treat high blood pressure and fluid retention (e.g. chlortalidone and metolazone)
- ketoconazole, used to treat fungal infections
- medicines used for the treatment of schizophrenia and bipolar disorder
- drugs used to treat rheumatoid arthritis and metabolic disorders (e.g. penicillamine)
- medicines used to lower stomach acid (H2-antihistaminics)
- chloroquine, used to treat malaria
- glucocorticoids, used to treat allergic, inflammatory and autoimmune disorders
- oral iron medicines used to treat anaemia
- thyroxine, used to treat an underactive thyroid gland.

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.

Pregnancy:
If you are pregnant talk to your doctor or pharmacist before taking this medicine.

Breast-feeding:
This medicine can be used during breast-feeding if taken as instructed.

Please turn over ➥

139.7mm

209.55mm

Driving and using machines

The effects of this medicine on driving and using machines is not known.

Information about some of the ingredients in this medicine:

This medicine contains dextrose and lactose.

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

Contains approximately up to 1g of dextrose per dose. This should be taken into account in patients with diabetes mellitus.

This medicine contains the colour sunset yellow (E110).

It may cause allergic reactions.

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take this medicine

To be sucked slowly or chewed as preferred.

Adults, the elderly and children over 12 years:

1 or 2 tablets, as required. Do not take more than 12 tablets in any 24 hour period.

Do not give to children under 12 years.

Do not take more medicine than the label tells you to. If your symptoms persist for more than 7 days you must see a doctor or pharmacist.

If you take too many tablets by mistake, contact your doctor or pharmacist straight away. If you take too many tablets the following effects may occur: pain in the tummy, being or feeling sick, constipation and muscular weakness.

4. Possible side effects

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

If you experience any of the following side effects, or anything else unusual happens, stop taking the medicine immediately, and see your doctor or pharmacist.

Side effects are:
- allergic reactions, such as skin rash, peeling of the skin, itching, swollen red areas of the skin, sometimes with shortness of breath or swelling of the mouth, lips, tongue, throat or face
- constipation, diarrhoea, nausea, vomiting, stomach pain, belching and passing wind (flatulence)
- fatigue, confusion, poor appetite, feeling sick or being sick as these may be signs of changes in the amount of calcium and the pH (measure of acidity or alkalinity) of your blood (this is only seen after regular use)
- muscle weakness
- heartburn (acid rebound). This is most likely to occur when you stop taking this type of medicine.

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 your medicine

Keep out of the sight and reach of children.

Do not use this medicine after the end of the month shown as an expiry date printed on the pack.
Do not store above 25°C.

6. What is in this medicine?

Each of the round antacid tablets contain the active ingredient: calcium carbonate 500 mg.

The other ingredients are: pregelatinised starch, dextrose, maize starch, microcrystalline cellulose, magnesium stearate, sodium saccharin, orange flavour (including lactose) and the colour sunset yellow lake (E110).

This product is available in pack sizes of 24, 48, 72 or 96 tablets blister packed in a carton.

Not all pack sizes may be marketed.

7. Who makes this medicine?

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

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