

Potassium tablets effervescent BPC 1968
Potassium Hydrogen Carbonate and Potassium Hydrogen Tartrate

Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need 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.

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1. What Potassium tablets effervescent BPC 1968 are and what they are used for

Potassium tablets effervescent BPC 1968 belong to a group of medicines called potassium supplements, they may be used to treat:

- all cases of potassium reduction resulting from:
 - intensive or prolonged treatment with diuretics (water tablets e.g. furosemide or hydrochlorothiazide)
 - digitalis treatment (medicines for the heart such as digoxin)
 - corticosteroid or carbenoxolone sodium treatment
 - advanced liver disease
 - chronic kidney disease
 - Cushing's syndrome (this condition can cause muscle weakness, obesity and brittle bones)
 - diabetic ketosis (poorly controlled diabetes, patients may feel unwell, have severe stomach pains or fruity smelling breath)
 - renal tubular or metabolic acidosis (too much acid in the body)
 - a diet low in salt or potassium
 - conditions causing prolonged or chronic diarrhoea and vomiting.

2. Before you take

Do not take Potassium tablets effervescent BPC 1968 and **tell** your doctor if you have:

- **high** levels of **potassium** in the blood (hyperkalaemia)
- **low** levels of **chloride** in the blood (hypochloraemia)
- severely impaired **kidney** function with little or no urine production or high levels of waste products such as urea in the blood

- untreated **Addison's disease**
- acute **dehydration**
- large areas of **injury to body tissue** such as severe burns.

Check with your doctor or pharmacist before taking Potassium tablets effervescent BPC 1968 if you:

- have **liver disease**
- have advanced **kidney failure**
- have **heart disease**
- are **elderly**.

Taking other medicines

Please **tell your doctor or pharmacist** if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. Especially:

- potassium-sparing diuretics (water tablets) such as amiloride, spironolactone or triamterene
- digitalis treatment e.g. digoxin (to treat some heart conditions)
- ACE inhibitors (e.g. captopril, enalapril, lisinopril, ramipril)
- corticosteroids
- carbenoxolone sodium
- ciclosporin or tacrolimus.

Pregnancy and breast-feeding

If you are pregnant, planning to become pregnant or are breast-feeding, ask your doctor or pharmacist for advice before taking any medicine.

Sugar intolerance

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine, as it contains sucrose.

Blood tests

Your doctor may carry out regular tests to check the levels of certain chemicals in your blood.

3. How to take

Always take Potassium tablets effervescent BPC 1968 exactly as your doctor has told you. If you are not sure, check with your doctor or pharmacist.

Dissolve tablets in **half a tumbler of cold water** before drinking.

Doses:

Adults (including the elderly):

Usually 4-7 tablets a day. The doctor will decide on the best dose for you. If you are elderly the doctor may monitor your blood chemical levels and give you a lower dose of tablets, especially if you have impaired kidney function.

Children:

The doctor will decide on the best dose for you, follow their advice.

If you take more than you should

If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any contact your nearest hospital casualty department or tell your doctor immediately. Symptoms of an overdose include high levels of potassium in the blood (hyperkalaemia) which can cause tingling or pins and needles in hands and feet, a lack of energy, confusion, muscle weakness, loss of muscle tone, cold or grey pale skin, irregular heart beat, heart failure (heart block or cardiac arrest) and blood vessel problems causing low blood pressure.

If you forget to take the tablets

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose take it as soon as you remember it and then take the next dose at the right time.

4. Possible side effects

Like all medicines, Potassium tablets effervescent BPC 1968 can cause side effects, although not everybody gets them. Please tell your doctor or pharmacist if you notice any of the following effects, they get worse or you notice any not listed.

Stop taking Potassium tablets effervescent BPC 1968 and contact your doctor at once if any of the following become severe:

- feeling or being sick
- stomach pain or discomfort.

Tell your doctor immediately or go to your nearest hospital if you notice any of the following side effects:

- **Allergic reaction** e.g. itchy skin rash, swelling of the face, lips, tongue or throat, or difficulty breathing or swallowing.

Tell your doctor if you notice any of the following side effects:

- **Effects of high potassium levels in the blood:** muscle weakness and in severe cases, chest pain and paralysis.
- **Effects on the stomach and intestines:** stomach pain or discomfort, feeling or being sick, diarrhoea and wind.

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

Keep out of the sight and reach of children.

Store in a cool dry place and keep airtight.

Do not use Potassium tablets effervescent BPC 1968 after the expiry date stated on the label/carton/bottle. The expiry date refers to the last day of that month.

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

6. Further information

What Potassium tablets effervescent BPC 1968 contain

- Each tablet contains the following active substances (the ingredients that make the tablets work) 500mg potassium hydrogen carbonate and 300mg potassium hydrogen tartrate equivalent to 6.5mmol of potassium (K⁺).
- The other ingredients are sucrose, saccharin sodium, docusate sodium, povidone, E330, stearic acid, magnesium stearate.

What Potassium tablets effervescent BPC 1968 look like and contents of the pack

Potassium tablets effervescent BPC 1968 are white, circular, flat bevelled-edge, uncoated effervescent tablets.

Pack size is 56.

Marketing Authorisation Holder and Manufacturer

Accord, Barnstaple, EX32 8NS, UK.

This leaflet was last revised in December 2019.

PARTICULARS TO APPEAR ON THE OUTER PACKAGING – LABEL LEAFLET

Label Leaflet Front Cover / Base Label

1. NAME OF THE MEDICINAL PRODUCT

Potassium tablets effervescent BPC 1968
(Potassium hydrogen carbonate and potassium hydrogen tartrate).

2. STATEMENT OF ACTIVE SUBSTANCE(S)

Each tablet contains 500mg potassium hydrogen carbonate and 300mg potassium hydrogen tartrate equivalent to 6.5mmol of potassium (K+).

3. LIST OF EXCIPIENTS

Also contains sucrose, see leaflet for details.

4. PHARMACEUTICAL FORM AND CONTENTS

56 tablets

5. METHOD AND ROUTE(S) OF ADMINISTRATION

For oral use. Use as directed by physician. Always read the leaflet.

6. SPECIAL WARNING THAT THE MEDICINAL PRODUCT MUST BE STORED OUT OF THE SIGHT AND REACH OF CHILDREN

Keep out of the sight and reach of children.

7. OTHER SPECIAL WARNING(S), IF NECESSARY

8. EXPIRY DATE

Exp

9. SPECIAL STORAGE CONDITIONS

Store in a cool dry place and keep airtight.

10. SPECIAL PRECAUTIONS FOR DISPOSAL OF UNUSED MEDICINAL PRODUCTS OR WASTE MATERIALS DERIVED FROM SUCH MEDICINAL PRODUCTS, IF APPROPRIATE

11. NAME AND ADDRESS OF THE MARKETING AUTHORISATION HOLDER

Accord, Barnstaple, EX32 8NS, UK

12. MARKETING AUTHORISATION NUMBER(S)

PL 0142/5567

13. BATCH NUMBER

Batch

14. GENERAL CLASSIFICATION FOR SUPPLY

POM

15. INSTRUCTIONS ON USE

Dosage: Adults and Elderly: Usually 4-7 tablets a day (26-45.5mmol K+).

The doctor will decide on the best dose for you.

Children: The doctor will decide on the best dose for you, follow their advice.

Dissolve tablets in half a tumbler of cold water and drink immediately.

16. INFORMATION IN BRAILLE

potassium tablets effervescent

17. UNIQUE IDENTIFIER – 2D BARCODE

18. UNIQUE IDENTIFIER – HUMAN READABLE DATA

< PC: {number} [product code]

SN: {number} [serial number]

NN: {number} [national reimbursement number or other national number identifying the medicinal product]>

OTHER

Accord logo

Place dispensing label here

Barcode -

Artwork reference number

Label-leaflet size

Tablet symbol

PEEL HERE DO NOT REMOVE LEAFLET.