PACKAGE LEAFLET: INFORMATION FOR THE USER

NALCROM® 100mg CAPSULES

(sodium cromoglicate)

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The name of your medicine is NALCROM 100mg CAPSULES but will be referred to as Nalcrom Capsules throughout this leaflet.

What is in this leaflet:

1. What Nalcrom Capsules are and what they are used for
2. What you need to know before you take Nalcrom Capsules
3. How to take Nalcrom Capsules
4. Possible side effects
5. How to store Nalcrom Capsules
6. Contents of the pack and other information

1. What Nalcrom Capsules are and what they are used for

Nalcrom Capsules contain a medicine called sodium cromoglicate. This belongs to a group of medicines called anti-allergics.

It works by stopping the release of the natural substances in your body that can cause an allergic reaction. It also lowers your response when you are exposed to substances to which you are allergic.

What Nalcrom Capsules are used for:

- Nalcrom Capsules are used to treat allergic reactions to certain foods.
- It is only used if you have had a test to prove that you are allergic to these foods.
- As part of your treatment, your doctor should advise you to avoid eating certain foods which may cause an allergic reaction.

2. What you need to know before you take Nalcrom Capsules

Do not take Nalcrom capsules if:

x You are allergic (hypersensitive) to sodium cromoglicate or any of the other ingredients of Nalcrom Capsules (listed in Section 6).
Signs of an allergic reaction include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue.

Do not use this medicine if the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking Nalcrom Capsules.

Pregnancy and breast-feeding

Talk to your doctor before taking this medicine if you are pregnant, might become pregnant or think you may be pregnant.

If you are breast-feeding or planning to breast-feed, talk to your doctor or pharmacist before taking this medicine.

3. How to take Nalcrom Capsules

Always take Nalcrom Capsules exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Take this medicine by mouth.
- Take this medicine before a meal.
- If signs of allergy do not improve within 2-3 weeks, your doctor may double how much you take. Your dose should not be larger than 40mg per kilogram of your body weight per day.
- If you feel the effect of your medicine is too weak or too strong, do not change the dose yourself, but ask your doctor.

How much to take

Adults (including the Elderly).

- Two capsules, four times a day, before meals.
- When your symptoms improve, your doctor may lower your dose.

Children (aged between 2 and 14 years)

- One capsule, four times a day, before meals.
- When your child's symptoms improve, your doctor may lower the dose.

If you take more Nalcrom Capsules than you should
Talk to your doctor or go to a hospital straight away. Remember to take any medicine that is left with you so the doctor knows what you have taken.

If you forget to take Nalcrom Capsules
If you forget a dose, take it as soon as you remember it. However, if it is nearly time for the next dose, skip the missed dose. **Do not** take a double dose to make up for a forgotten dose.

If you stop taking Nalcrom Capsules
Keep taking Nalcrom Capsules until your doctor tells you to stop. Do not stop taking Nalcrom Capsules just because you feel better. If you stop, your food allergies may come back or get worse.

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

4. Possible side effects

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

Stop taking Nalcrom Capsules and see a doctor or go to a hospital straight away if:
- You have an **allergic reaction** to Nalcrom Capsules. The signs may include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue.

Talk to your doctor or pharmacist if any of the side effects gets serious or lasts longer than a few days, or if you notice any side effects not listed in this leaflet:
- Skin rashes
- Pain in your joints
- Feeling sick (nausea)

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 Nalcrom Capsules

Keep out of the sight and reach of children.
Do not store above 25° C.
Store in a dry place. Keep the blister in the outer carton to protect from light.
Do not take Nalcrom Capsules after the expiry date which is stated on the carton and blister labels after 'Exp'. The expiry date refers to the last day of that month.
If the capsule becomes discoloured or shows any signs of deterioration, seek the advice of your pharmacist.
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. Contents of the pack and other information

What Nalcrom Capsules contain
The active substance is sodium cromoglicate. Each capsule contains 100mg sodium cromoglicate.
The other ingredients are: gelatine and black printing ink.

What Nalcrom Capsules look like and contents of the pack
Nalcrom Capsules are hard gelatin capsules with a clear cap and body, marked 'SODIUM' and 'CROMOGLICATE 100 mg' in black respectively and containing a white powder.
It is available in pack sizes of 20 and 100 capsules.

Manufactured by: ITC Production S.r.l., Via Pontina, Km 29 - 00071 Pomezia, Rome, Italy. **OR**

ITC Farma Srl, Via Pontina, 5 Km 29 - 00071 Pomezia, Rome, Italy.

Procured from within the EU and repackaged by the Product Licence holder: B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 0NU, UK.
NALCROM® 100mg CAPSULES; PL 18799/2204
Leaflet date: 12.02.2025 **POM**

Nalcrom is the registered trademark of Fisons Limited.

Blind or partially sighted? Is this leaflet hard to see or read? Call **0208 515 3763** to obtain the leaflet in a format suitable for you.

PACKAGE LEAFLET: INFORMATION FOR THE USER

SODIUM CROMOGLICATE 100mg CAPSULES

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The name of your medicine is SODIUM CROMOGLICATE 100mg CAPSULES but will be referred to as Sodium cromoglicate Capsules throughout this leaflet.

What is in this leaflet:

1. What Sodium cromoglicate Capsules are and what they are used for
2. What you need to know before you take Sodium cromoglicate Capsules
3. How to take Sodium cromoglicate Capsules
4. Possible side effects
5. How to store Sodium cromoglicate Capsules
6. Contents of the pack and other information

1. What Sodium cromoglicate Capsules are and what they are used for

Sodium cromoglicate Capsules contain a medicine called sodium cromoglicate. This belongs to a group of medicines called anti-allergics.
It works by stopping the release of the natural substances in your body that can cause an allergic reaction. It also lowers your response when you are exposed to substances to which you are allergic.

What Sodium cromoglicate Capsules are used for:

- Sodium cromoglicate Capsules are used to treat allergic reactions to certain foods.
- It is only used if you have had a test to prove that you are allergic to these foods.
- As part of your treatment, your doctor should advise you to avoid eating certain foods which may cause an allergic reaction.

2. What you need to know before you take Sodium cromoglicate Capsules

Do not take Sodium cromoglicate Capsules if:

x You are allergic (hypersensitive) to sodium cromoglicate or any of the other ingredients of Sodium cromoglicate Capsules (listed in Section 6). Signs of an allergic reaction include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue.

Do not use this medicine if the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking Sodium cromoglicate Capsules.

Pregnancy and breast-feeding

Talk to your doctor before taking this medicine if you are pregnant, might become pregnant or think you may be pregnant.

If you are breast-feeding or planning to breast-feed, talk to your doctor or pharmacist before taking this medicine.

3. How to take Sodium cromoglicate Capsules

Always take Sodium cromoglicate Capsules exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Take this medicine by mouth.
- Take this medicine before a meal.
- If signs of allergy do not improve within 2-3 weeks, your doctor may double how much you take. Your dose should not be larger than 40mg per kilogram of your body weight per day.
- If you feel the effect of your medicine is too weak or too strong, do not change the dose yourself, but ask your doctor.

How much to take
Adults (including the Elderly)

- Two capsules, four times a day, before meals.
- When your symptoms improve, your doctor may lower your dose.

Children (aged between 2 and 14 years)

- One capsule, four times a day, before meals.
- When your child's symptoms improve, your doctor may lower the dose.

If you take more Sodium cromoglicate Capsules than you should
Talk to your doctor or go to a hospital straight away. Remember to take any medicine that is left with you so the doctor knows what you have taken.

If you forget to take Sodium cromoglicate Capsules
If you forget a dose, take it as soon as you remember it. However, if it is nearly time for the next dose, skip the missed dose. **Do not** take a double dose to make up for a forgotten dose.

If you stop taking Sodium cromoglicate Capsules
Keep taking Sodium cromoglicate Capsules until your doctor tells you to stop. Do not stop taking Sodium cromoglicate Capsules just because you feel better. If you stop, your food allergies may come back or get worse.

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

4. Possible side effects

Like all medicines, Sodium cromoglicate Capsules can cause side effects, although not everybody gets them.

Stop taking Sodium cromoglicate Capsules and see a doctor or go to a hospital straight away if:

- You have an **allergic reaction** to Sodium cromoglicate Capsules. The signs may include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue.

Talk to your doctor or pharmacist if any of the side effects gets serious or lasts longer than a few days, or if you notice any side effects not listed in this leaflet:

- Skin rashes
- Pain in your joints
- Feeling sick (nausea)

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 Sodium cromoglicate Capsules

Keep out of the sight and reach of children.
Do not store above 25° C.
Store in a dry place. Keep the blister in the outer carton to protect from light.
Do not use Sodium cromoglicate Capsules after the expiry date which is stated on the carton and blister labels after 'Exp'. The expiry date refers to the last day of that month.
If the capsule becomes discoloured or shows any signs of deterioration, seek the advice of your pharmacist.
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. Contents of the pack and other information

What Sodium cromoglicate Capsules contain
The active substance is sodium cromoglicate. Each capsule contains 100mg sodium cromoglicate.
The other ingredients are: gelatine and black printing ink.

What Sodium cromoglicate Capsules look like and contents of the pack
Sodium cromoglicate Capsules are hard gelatin capsules with a clear cap and body, marked 'SODIUM' and 'CROMOGLICATE 100 mg' in black respectively and containing a white powder.
It is available in pack sizes of 20 and 100 capsules.

Manufactured by: ITC Production S.r.l., Via Pontina, Km 29 - 00071 Pomezia, Rome, Italy. **OR**

ITC Farma Srl, Via Pontina, 5 Km 29 - 00071 Pomezia, Rome, Italy.

Procured from within the EU and repackaged by the Product Licence holder: B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 0NU, UK.

SODIUM CROMOGLICATE 100mg CAPSULES; PL 18799/2204 **POM**

Leaflet date: 12.02.2025

Blind or partially sighted? Is this leaflet hard to see or read? Call **0208 515 3763** to obtain the leaflet in a format suitable for you.