CanesOasis®

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 painful irritation and an unpleasant burning 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
- have a history of kidney disease
- are on a low sodium (salt) diet.

Talk to your doctor if you have:

- symptoms which carry on for more than 4 days after you start taking this medicine.
- symptoms which keep recurring.

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 before taking this medicinal product.

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This medicine contains 939 mg sodium (main component of cooking/table salt) in each sachet. This is equivalent to 48 % of the recommended maximum daily dietary intake of sodium for an adult.

3. How to take this medicine

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

This is a 2-day course of treatment.

Adult women:
1 sachet 3 times a day for 2 days, as required.

This medicine is not to be used by men or children.

Do not exceed the stated dose.
If symptoms persist or worsen after the 2-day course is completed, consult your doctor or pharmacist. Do not repeat the treatment without medical advice.

If you take too many sachets by mistake, contact your doctor or pharmacist straight away.

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 immediately, and see your doctor or pharmacist.

- Passing water more frequently.

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 expiry date printed on the pack.
Store below 25°C, in a dry place.

6. What is in this medicine?

Each 5.6g 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 6 sachets.

7. Who makes this medicine?

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

Need Advice? ☎ Call 0845 758 5030
(Calls charged at local rate)

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