

Package leaflet: Information for the user

Citramag

Heavy magnesium carbonate BP
Anhydrous citric acid BP

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

- 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. Do NOT pass it on to others. It may harm them even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

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1. WHAT CITRAMAG IS AND WHAT IT IS USED FOR

Your medicine is called Citramag. It contains two active ingredients, magnesium carbonate and anhydrous citric acid. When mixed with water, Citramag becomes a solution of magnesium citrate which is a strong laxative.

Citramag is used to clear the bowel in preparation for:

- X-ray examination
- Endoscopy examination (to look at the inside of your digestive system)
- Colonoscopy examination (to look at the inside of your colon, which is the lower part of the bowel)
- Surgery

2. BEFORE YOU TAKE CITRAMAG

Do not take Citramag:

- You are allergic to any of the ingredients in this medicine (see section 6 Further information)
- You suffer from kidney failure, pain in the intestine or other stomach or intestinal problems as you may be at risk of high blood levels of magnesium

Take special care with Citramag: If you suffer from diabetes or mild to moderate kidney disease, you should contact the hospital X-ray or endoscopy department at which your appointment is made before taking this medicine.

Citramag will cause diarrhoea. Stay within easy reach of a lavatory after taking it. A little Vaseline around the back passage will help prevent soreness. You should make sure to drink a sufficient amount of fluid and electrolytes during the course of the treatment. This is particularly important if you are younger than 18 years, elderly, of low body weight or physically weak.

Taking other medicines:

You should continue to take all medicines prescribed by your doctor except for Iron tablets, bran or Isogel. Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. It is especially important to tell your doctor if you are taking prescribed oral medication, especially if it is regularly prescribed as their effects may be modified e.g. contraceptives, antibiotics, antidiabetics, iron, penicillamine or antiepileptics. These medicines should be taken at least 2 hours before and not less than 6 hours after administration of Citramag.

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

Pregnancy and breast-feeding:

If you are pregnant, think you are pregnant, or you are breast-feeding, you should tell your doctor or pharmacist before taking this medicine. You should not use this medicine during pregnancy unless your doctor feels it is absolutely necessary.

Driving and using machines:

Do not drive, or use tools or machines, if you start to feel dizzy or have a headache after taking Citramag.

3. HOW TO TAKE CITRAMAG

Citramag is normally taken the day before the hospital procedure. On this day, only small meals made up of 'low residue' foods are allowed and plenty of clear fluids, preferably water (see "Diet" at the end of the leaflet). This is to ensure the bowel is as clear as possible.

Instructions prior to examination. Remember these must be followed exactly.

On the day before your examination you will take two doses as follows:

- **First dose:** At 7.30am: Pour 200ml or 8fl oz of hot water into a wide-mouthed measuring jug. Open one sachet of Citramag and empty the content into the water. Stir thoroughly and allow to dissolve and cool.
At 8.00am: Pour the solution of Citramag into a suitable glass and drink.
- **Second dose:** Between 2.00pm and 4.00pm on the day before your examination, take the second sachet of Citramag in the same way, as described above. Throughout the day, remember to drink as much fluid as possible. Do not eat any solid food.

For elderly, those with a Body Mass Index (BMI) of less than 18.5, and children over

10 years: the dose of Citramag may be reduced to half a sachet per dose.

For children 5-9 years: one third of a sachet per dose should be sufficient.

On the day of your examination: You may eat normally once the examination is over. A 'high residue' diet (e.g. fruit, vegetables, salads, wholemeal bread etc.) will help you restore normal bowel function, which will usually return within a day or two.

If you take more Citramag than you should: Contact your doctor immediately or go to the nearest hospital casualty department.

If you forget to take Citramag: You should contact the hospital X-ray or endoscopy department at which your appointment is made.

4. POSSIBLE SIDE EFFECTS

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

Tell your doctor straight away if you develop any of the following symptoms:

- Feeling lethargic
- A fast or irregular heartbeat
- Decreased or absence of reflexes
- Breathing problems such as breathing more slowly or weakly than expected.

Other known side effects of Citramag are described below:

Common or very common (affects more than 1 in ten to less than 1 in 10)

- Abdominal pain (gastrointestinal discomfort)
- Nausea (feeling sick)
- Vomiting

Uncommon (affects less than 1 in 100 but more than 1 in 1,000 patients):

- Dehydration (excessive fluid loss)
- Electrolyte imbalance (altered levels of blood salts and minerals)
- Dizziness
- Headache

If any of the side effects gets serious contact your doctor or nurse. If you notice any side effects not listed in this leaflet, please tell your doctor, nurse or pharmacist.

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.yellowcard.mhra.gov.uk/ 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 CITRAMAG

Keep out of the reach and sight of children.

Do not use Citramag after the expiry date which is printed on the packaging.

6. FURTHER INFORMATION

What Citramag contains

- The active substances are magnesium carbonate (11.6 g/sachet) and anhydrous citric acid (17.8 g/sachet).
- The other ingredients are saccharin sodium and lemon-lime flavour.

What Citramag looks like and contents of the pack:

Citramag is white powder with an odour of lemon and lime, which is contained in a sachet. Ten sachets are contained in a carton.

Please attend the x-ray or endoscopy department for your examination.

Hospital: _____

Department: _____

On: _____ (date)

At: _____ (time)

Telephone: _____

An appointment has been made for you to have an examination of your rectum and bowel. To prepare for this examination, your bowel must be as clean/empty as possible. It is important that you follow the instructions exactly as stated in section 3, How to take Citramag. The success of the examination depends on you doing so. If the instructions are not followed, the examination may have to be repeated at a later date.

Diet: A 'low residue' or 'fluid only' diet is recommended prior to the examination. As guide low residue diets exclude all fruits, salads, wholemeal bread, dried fruit and most breakfast cereals. Fluid only diets are restricted to CLEAR fluids e.g. fruit squash, water, clear soup, Bovril, Oxo, lemonade, cola and tea and coffee should be taken without milk. Written instructions explaining the details and timing of this diet will usually be supplied by the hospital department where your appointment has been made. If you have any questions about the diet, you should contact the hospital department concerned.

During the course of a fluid only diet, it is important to drink as much as possible.

Patient Information Instructions Overleaf

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