

PACKAGE LEAFLET: INFORMATION FOR THE USER

CALCIUM SANDOZ

500mg Effervescent Tablets

CALCIUM CARBONATE

• This leaflet is a copy of the Summary of Product Characteristics and Patient Information Leaflet for a medicine, which outlines the conditions under which the medicine should be used and information on its known safety • The product information may be updated several times within its shelf life, and there could be differences between the version of information shown here and other information in the public domain or in the package insert • This leaflet may not contain all the information about the medicine or the information may not be the most up to date version for this product • If you have any questions or are not sure about anything, ask your doctor or pharmacist • Read all of this leaflet carefully before you start taking 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 •

What is in this leaflet?

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1. WHAT CALCIUM SANDOZ EFFERVESCENT TABLETS ARE AND WHAT THEY ARE USED FOR

Calcium Sandoz Effervescent Tablets contain calcium carbonate as the active ingredient (which when dispersed in water provide 500mg of elemental calcium as calcium citrate). The tablets provide extra calcium, in addition to a normal diet, and are used to treat conditions in which the body's calcium levels need to be increased. Calcium is essential for healthy growth of bones and teeth.

2. BEFORE YOU TAKE CALCIUM SANDOZ EFFERVESCENT TABLETS

Do not take Calcium Sandoz Effervescent Tablets if you have:

- an allergy (hypersensitivity) to any of the ingredients in the product
- an overactive parathyroid gland (hyperparathyroidism) or too much vitamin D in your body (hypervitaminosis D).
- a high concentration of calcium in your urine (hypercalciuria) or blood (hypercalcaemia). A high concentration of calcium in the blood may be caused by impaired kidney function, an overactive parathyroid gland, too much Vitamin D in your body or certain bone tumours.
- been immobilised for long periods and had a high concentration of calcium in your blood or urine.
- kidney stones.

Take special care with Calcium Sandoz Effervescent Tablets Consult your doctor before taking this medicine if you have:

- a tendency to form kidney stones or impaired kidney function - your treatment will need to be monitored carefully if your kidneys are not working properly to ensure you do not build up too much calcium in your blood.
- sarcoidosis (formation of nodules especially in the lymph nodes, lungs, bones and skin).

Taking other medicines

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

Seek medical advice before taking Calcium Sandoz Effervescent Tablets if you are already taking:

- vitamin D
- heart medicines such as digoxin and cardiac glycosides
- tetracycline antibiotics
- thiazide diuretics (water tablets)
- bisphosphonates and sodium fluoride (drugs used to treat bone disorders).

Pregnancy and breast-feeding

Women who are pregnant or breast-feeding can take Calcium Sandoz Effervescent Tablets.

Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

Calcium Sandoz Effervescent Tablets are not expected to affect your ability to drive or operate machinery.

Important information about some of the ingredients of Calcium Sandoz Effervescent Tablets Sodium – This medicine contains

up to 100mg sodium per dose. To be taken into consideration by patients on a controlled sodium diet.

3. HOW TO TAKE CALCIUM SANDOZ EFFERVESCENT TABLETS

The tablets must be dissolved completely in a glass of water and the solution consumed immediately.

Your doctor will normally prescribe a suitable dose for you:

Adults and Elderly:

- To treat conditions caused by lack of calcium, the dose is usually between 2 and 5 tablets per day.
- To prevent bone damage caused by osteoporosis, a dose of 1 to 3 tablets is required per day.
- To supplement calcium in your diet, the dose is up to 3 tablets a day.

Children:

To treat conditions caused by lack of calcium and to supplement calcium in your diet:

- 6 to 10 years: 1 tablet daily (500 mg per day),
- over the age of 10 years: 2 tablets daily (1 g per day).

If you take more Calcium Sandoz Effervescent Tablets than you should

Do not exceed the recommended dose. If you take too much medicine, tell your doctor immediately or visit your nearest Accident & Emergency Department (take the pack with you if possible). Symptoms of overdose may include nausea (feeling sick), polydipsia (excessive thirst), polyuria (frequent passing of urine), constipation.

If you forget to take Calcium Sandoz Effervescent Tablets

If you miss a dose, take the next dose as soon as you remember and continue taking your medicine as before (do not take a double dose).

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

4. POSSIBLE SIDE EFFECTS

Like all medicines, Calcium Sandoz Effervescent Tablets can cause side effects, although not everybody gets them.

You may suffer an allergic reaction. If you experience rash, itching, difficulty in breathing or swelling of the face, lips, throat or tongue, stop taking the tablets immediately and seek urgent medical help.

The following rare side effects have been reported:

- nausea
- abdominal pain
- diarrhoea
- constipation
- wind
- skin rashes and itching
- high concentration of calcium in the blood (hypercalcaemia) or urine (hypercalciuria).

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

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. By reporting side effects you can help provide more information on the safety of this medicine

5. HOW TO STORE CALCIUM SANDOZ EFFERVESCENT TABLETS

Keep out of the reach and sight of children. Keep the tube tightly closed in order to protect from moisture. Do not use Calcium Sandoz Effervescent Tablets after the expiry which is stated on the carton after 'Exp'.

The 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.

This leaflet was last approved in December 2014