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Patient Information Leaflet

Information for the Patient about

CLICKS ALGINIC ANTACID SUSPENSION

(SUSPENSION)

Read all of this leaflet carefully, because it contains important information for you. CLICKS ALGINIC ANTACID SUSPENSION is available without a doctor's prescription for you to treat a mild illness. Nevertheless, you still need to use CLICKS ALGINIC ANTACID SUSPENSION carefully to get the best results from it.

- **Keep this leaflet; you may need to read it again.**
- **Ask your doctor or your pharmacist if you need more information or advice.**
- **You must see a doctor if your symptoms worsen or do not improve after 2 weeks**

SCHEDULING STATUS:

S0

PROPRIETARY NAME (AND DOSAGE FORM):

CLICKS ALGINIC ANTACID SUSPENSION (Suspension)

WHAT CLICKS ALGINIC ANTACID SUSPENSION CONTAINS

The active substances are calcium carbonate, sodium alginate and sodium bicarbonate.

Each 10 ml contains:	Calcium carbonate 160 mg
	Sodium alginate 500 mg
	Sodium bicarbonate 267 mg
Preservatives:	Methyl hydroxybenzoate 0,4 % *m/v*
	Propyl hydroxybenzoate 0,06 % *m/v*
Total sodium content:	6,052 mmol/10 mL

Other inactive ingredients include carmellose sodium, peppermint flavour and saccharin sodium.

WHAT CLICKS ALGINIC ANTACID SUSPENSION IS USED FOR:

CLICKS ALGINIC ANTACID SUSPENSION is used to relieve reflux of stomach acid into the oesophagus (gastro-oesophageal reflux disease or GORD), mild to moderate inflammation of the oesophagus due to reflux of stomach acid, heartburn, heartburn of pregnancy (see **"Pregnancy and Breastfeeding"**), and hiatus or diaphragmatic hernia (when the upper part of the stomach pushes through a tear in the diaphragm into the chest cavity).

It protects the lining of the gut and stops acid reflux by forming a viscous (thick, sticky) layer on the surface of the gastric contents.

BEFORE YOU TAKE CLICKS ALGINIC ANTACID SUSPENSION:

Do NOT take CLICKS ALGINIC ANTACID SUSPENSION if you:

- Are allergic to calcium carbonate, sodium alginate and sodium bicarbonate or to any of the other ingredients in **CLICKS ALGINIC ANTACID SUSPENSION**.
- Have metabolic disturbances in which your body's acid/base balance has shifted towards alkaline, if you have low blood calcium levels, or if your stomach does not produce adequate amounts of stomach acid.
- Are on a sodium restricted diet, or suffering from hypertension (high blood pressure) or heart failure, except under the supervision of a doctor.

Take special care with CLICKS ALGINIC ANTACID SUSPENSION:

Before taking **CLICKS ALGINIC ANTACID SUSPENSION** you should speak to your doctor if you:

- Have heart failure, swelling of the legs or feet, kidney function impairment, cirrhosis/scarring of the liver and high blood pressure.

Do not use the maximum dosage of **CLICKS ALGINIC ANTACID SUSPENSION** for more than 2 weeks, except under the advice and supervision of your doctor (see **"HOW TO TAKE CLICKS ALGINIC ANTACID SUSPENSION"**).

CLICKS ALGINIC ANTACID SUSPENSION can cause stomach cramps and flatulence/gas.

Long-term or prolonged use **CLICKS ALGINIC ANTACID SUSPENSION** may result in high blood calcium levels and subsequently milk-alkali syndrome (a condition in which the body's acid/base balance shifts towards alkaline). Concurrent and prolonged use of milk and milk products may increase this risk. If you experience back or flank pain, fatigue, nausea, and excessive urination, please report to your doctor immediately.

Overuse or prolonged use **CLICKS ALGINIC ANTACID SUSPENSION** may cause kidney stones.

Large doses of **CLICKS ALGINIC ANTACID SUSPENSION** may interfere with the absorption of certain medicines (see **"Taking other medicines with CLICKS ALGINIC ANTACID SUSPENSION"**).

Taking CLICKS ALGINIC ANTACID SUSPENSION with food and drinks:

CLICKS ALGINIC ANTACID SUSPENSION must be taken after a meal.

Concurrent and prolonged use of milk and milk products may result in the milk-alkali syndrome (a condition in which there are high levels of calcium in the blood and the body's acid/base balance shifts towards alkaline).

Pregnancy and breastfeeding:

CLICKS ALGINIC ANTACID SUSPENSION may be used during pregnancy, but under supervision of a doctor.

Driving or using machinery:

CLICKS ALGINIC ANTACID SUSPENSION has no sedative effects and should be safe to use during driving and using machinery.

Taking other medicines with CLICKS ALGINIC ANTACID SUSPENSION:

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of CLICKS ALGINIC ANTACID SUSPENSION with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

Due to the ability of the antacids in **CLICKS ALGINIC ANTACID SUSPENSION** to change gastric or urinary pH and to form complexes with

other medicines, the rate and/or extent of absorption of other medicines may be increased or reduced when such medicines are used concurrently. In general, you should not take any other oral medicines within 1 to 2 hours of **CLICKS ALGINIC ANTACID SUSPENSION**.

If you are taking any of the following medicines, please speak to your doctor or pharmacist before you take **CLICKS ALGINIC ANTACID SUSPENSION:**

- H_2-receptor antagonists, such as cimetidine and ranitidine, for stomach unders and/or acid reflux.
- Oxybutynin and tolterodine for urinary problems; trihexyphenidyl and biperiden for Parkinson's disease.
- Oral iron preparations for iron deficiency or anaemia.
- Ketoconazole for fungal infections.
- Tetracycline antibiotics, such as doxycycline, etc
- Phenytoin for epilepsy (fits).
- Amphetamines to suppress the appetite.
- Quinidine for heart rhythm disorders.
- Ephedrine for a blocked nose or low blood pressure.
- Fluoroquinolone antibiotics, e.g. ciprofloxacin, ofloxacin, moxifloxacin.
- Salicylates, aspirin, for pain, inflammation and fever.
- Corticosteroids, e.g. hydrocortisone, prednisone, dexamethasone, betamethasone, etc. (for asthma, skin conditions, rheumatism, and immune disorders.

- Thiazide diuretics (water tablets) for high blood pressure, e.g. hydrochlorothiazide.
- Barbiturates, e.g. phenobarbital, for epilepsy

HOW TO TAKE CLICKS ALGINIC ANTACID SUSPENSION:

Always take **CLICKS ALGINIC ANTACID SUSPENSION** exactly as per instructions in this leaflet. You should check with your doctor or pharmacist if you are unsure.

Adults and children over 12 years:

Take two to four medicine measures (10 – 20 mL), after meals and at bedtime. Eighty (80) mL (16 medicine measures) should be the maximum dosage per day (24 hour period).

Children between 6 and 12 years:

Take two medicine measures (10 mL) after meals and at bedtime.
Forty (40) mL (8 medicines measures) should be the maximum dosage per day (24 hour period).

Do not take any other oral medicines within 1 to 2 hours of **CLICKS ALGINIC ANTACID SUSPENSION** as it may affect the medicines' absorption.

Do not use the maximum dosage of **CLICKS ALGINIC ANTACID SUSPENSION** for more than 2 weeks, except under the advice and supervision of a doctor.

If you have the impression that the effect of **CLICKS ALGINIC ANTACID SUSPENSION** is too strong or too weak, talk to your doctor or pharmacist.

If you take more CLICKS ALGINIC ANTACID SUSPENSION than you should:

In the event of an overdosage, or if someone has taken your medicine by mistake, you, or this person, may experience side effects such as severe bloating. **In an event of an overdosage, consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison control centre.**

If you forget to take CLICKS ALGINIC ANTACID SUSPENSION:

Always take **CLICKS ALGINIC ANTACID SUSPENSION** as directed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose until the next day, skip the missed dose and go back to your regular dosing schedule. Do not take a double dose to compensate for the forgotten individual dose.

POSSIBLE SIDE EFFECTS:

CLICKS ALGINIC ANTACID SUSPENSION can have side effects.

Not all side effects reported for CLICKS ALGINIC ANTACID SUSPENSION are included in this leaflet. Should your general health worsen while taking CLICKS ALGINIC ANTACID SUSPENSION, please consult your doctor, pharmacist or other healthcare professional for advice.

If you develop any of the following, check with your doctor immediately:

- Shortness of breath, muscle weakness and mental disturbances such as restlessness, seizures and coma, especially if you suffer from impaired kidney function. These are symptoms of metabolic alkalosis.
- Kidney stones (overuse or prolonged use of calcium carbonate may cause this).
- Swelling of the feet or lower legs.
- Muscle weakness, tiredness, mood changes and irregular heartbeat.
- Heart failure.

Check with your doctor or pharmacist if any of the following side effects develop, continue or become bothersome:

- Chalky taste.
- Constipation.
- Severe constipation or inability to pass stool.
- Increased thirst.
- Stomach cramps.

- Belching and gas.

STORAGE AND DISPOSING OF CLICKS ALGINIC ANTACID SUSPENSION:

Store in a cool dry place, at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

Keep the bottle in the carton until required for use

Keep well closed.

Shake the bottle.

Do not refrigerate.

Do not use the medication after the expiry date stated on the container.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems, for example toilets.

PRESENTATION OF CLICKS ALGINIC ANTACID SUSPENSION:

Carton containing light weight amber coloured glass bottles enclosed by white coloured plastic caps containing 100 ml or 200 ml suspension.

IDENTIFICATION OF CLICKS ALGINIC ANTACID SUSPENSION:

Opaque off-white to cream suspension with peppermint flavour.

REGISTRATION NUMBER:

45/11.10/0040

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

CIPLA MEDPRO (Pty) Ltd

Building 9

Parc du Cap

Mispel Street

Bellville

7530

RSA

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