

Information for the user

Boots Rehydration Treatment

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a doctor if your symptoms worsen or do not improve after 24 to 48 hours

What this medicine is for

This medicine contains Glucose and various salts which belong to a group of medicines called oral electrolytes which act to replace lost fluids and salts.

It can be used to relieve short term (acute) diarrhoea and replace lost salts and fluids, in order to prevent dehydration.

Before you take this medicine

This medicine can be taken by adults and children over 1 year old. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

Do not give this medicine to infants under 1 year old, unless your doctor tells you to.

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have phenylketonuria** (this medicine contains aspartame, a source of phenylalanine)
- **If you have an intolerance to some sugars**, unless a doctor tells you to (this medicine contains glucose)

! Talk to your pharmacist or doctor:

- If you have liver or kidney problems
- If you are on a low salt (sodium) diet (each sachet contains 276 mg of sodium, which may be harmful to you)
- If you are on a low potassium diet (each sachet contains 157 mg of sodium, which may be harmful to you)

You can take this medicine if you are pregnant and breastfeeding.

Other important information

Talk to a doctor straight away if an infant under the age of 1 year has diarrhoea.

Diarrhoea is a common symptom of a number of serious stomach and bowel conditions. If your diarrhoea continues for more than 24 to 48 hours or keeps coming back talk to your doctor.

If you take other medicines

This medicine is not expected to affect any other medicines that you may be taking.

If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the sachet is not broken before use. If it is, do not take the sachet.

To prepare the medicine

1. Mix the contents of each sachet with 200 ml (seven fluid ounces) of fresh drinking water. For infants use only freshly boiled and cooled water at all times.
2. For adults when fresh drinking water is not available use freshly boiled and cooled water.
3. Prepare the sachet only as needed and drink within one hour once made up. If required the refrigerated solution may be kept for 24 hours.
4. Only use water to make up the contents of the sachet. Make sure you use the right amount of water (i.e. 200 ml for one sachet, 400 ml for two sachets). This is to make sure the salt and water can be absorbed into the body correctly.
Drink the solution.

Age	How many	How often to take them
Adults and children of 12 years and over	1 or 2 sachets dissolved in water	After each loose bowel movement
Children of 1 to 11 years	1 sachet dissolved in water	After each loose bowel movement

Infants under 1 year: Do not give this medicine unless a doctor tells you to. Follow your doctors instructions and ask your pharmacist if you need more information. If needed stop all solid and liquid feeds. Over the first 24 hours give one to one and a half times the normal feed volume that your baby takes at each feed.

Breastfed infants: Give this medicine at normal feed times only. Then breastfeed until the infant is no longer hungry.

Bottle fed infants: Stop all feeds. Give this medicine at normal feed times only.

As diarrhoea improves re-introduce normal diet.

Do not take or give more than the amount recommended above.

Do not take this medicine for more than 24 to 48 hours.

If your diarrhoea does not go away within 24 to 48 hours talk to your doctor.

If you take too many sachets: Talk to your pharmacist or doctor.

Possible side effects

This medicine is not expected to cause side effects. If you notice any side effects talk to your pharmacist or doctor.

How to store this medicine

Store below 25°C. Store in a dry place.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

Each sachet contains Citric Acid Anhydrous 0.128 g, Glucose Monohydrate 3.58 g, Potassium Chloride 0.3 g, Sodium Chloride 0.47 g, Sodium Citrate Dihydrate 0.39 g which are the active ingredients.

As well as the active ingredients the sachets also contain aspartame (E951, a source of phenylalanine), colloidal silicon dioxide, blackcurrant flavourings.

The pack contains 6 or 12 sachets containing granules.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation Holder Wrafton Laboratories Limited Braunton Devon EX33 2DL

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Rehydration Treatment

Reference number: 12063/0046

This is a service provided by the Royal National Institute of Blind People.

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