

PATIENT INFORMATION LEAFLET



Sodium Bicarbonate B.P.

- ✓ Relieves indigestion

200 g e

About This Product

Boots Sodium Bicarbonate B.P. is taken to relieve indigestion. Also for the relief of insect bites and sunburn.

Warnings

Do not take the medicine if you have:

- An allergy to sodium bicarbonate
- High levels of alkali in the blood
- Low levels of calcium in the blood
- Reduced stomach acid
- Heart failure
- Kidney problems
- Liver problems
- High blood pressure
- Or are taking steroids

If you accidentally take too much see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

Dosage

Take by mouth as an antacid

Adults and children over 12 years: Take 1g to 5g dissolved in a glass of warm water. A level 5ml spoon holds about 5g.

For external use on bites and sunburn

Adults and children over 12 years: Dissolve a level 5 ml spoonful in 568 ml (1 pint) of warm water. Apply to the affected skin with cotton wool or lint.

Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.

Possible Side Effects

May cause stomach cramps, wind, increased blood pressure, increased potassium in your blood, fluid retention or fluid in the lungs.

If you notice these or any other side effects, stop using the product and consult your doctor 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 label. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

Active Ingredients

Sodium Bicarbonate 100%.

Further Warnings

Talk to your doctor or pharmacist if you are taking:

- Adrenaline hydrochloride e.g. for severe allergic reactions
- Carmustine, used in cancer treatment
- Glycopyrronium bromide, used to reduce saliva secretion
- Isoprenaline hydrochloride, digoxin or dipyridamole for heart conditions
- Suxamethonium chloride, a muscle relaxant
- Lithium for manic depression
- Lansoprazole for healing ulcers
- Levothyroxine to treat an underactive thyroid
- Mycophenolate to stop transplant rejection
- Rosuvastatin to control cholesterol
- Chloroquine for malaria
- Hydrochloroquine for arthritis
- Penicillamine for rheumatoid arthritis
- Nilotinib to treat leukaemia
- Fexofenadine an antihistamine
- Deflazacort a corticosteroid for inflammation
- Gabapentin or phenytoin to treat epilepsy
- Sulpiride or phenothiazine tranquillisers for schizophrenia
- Non-steroidal anti-inflammatory drugs (NSAIDs) e.g. aspirin, diflunisal
- ACE inhibitors for heart failure or high blood pressure e.g. captopril, enalapril
- Antibacterials for infections e.g. benzylpenicillin potassium, tetracyclines, rifampicin
- Antifungals for fungal infections e.g. itraconazole, ketoconazole
- Antivirals for viral infections e.g. atazanavir, tipranavir
- Bisphosphonates for osteoporosis
- Or are on a low sodium diet

Further Information

Sodium Bicarbonate should not be taken in pregnancy or if breast-feeding unless the doctor has told you to do so.

This product contains 1.37g of sodium per 5g dose, which should be taken into consideration if you are on a sodium restricted diet.

Storage

Keep out of the sight and reach of children.

Do not store above 25°C.

Once opened use within one month.

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