

POTASSIUM CITRATE / SODIUM CITRATE



MINISTRY OF HEALTH
SINGAPORE



ABOUT your medicine

Potassium and sodium citrates are used to make the urine more alkaline (i.e. less acidic). This helps to relieve the discomfort in urinary tract infections. Citrates are also used to treat and prevent kidney stones by lowering the amount of acid in the urine. They are also used to make the blood more alkaline in certain conditions.

Sodium citrate is used when taking potassium is undesirable or contraindicated. Potassium citrate is preferred in patients requiring potassium or who require sodium restriction.

HOW should I take the medicine?

Your doctor will determine the amount of medicine you should take based on the severity of your condition. Take this medicine in the dose prescribed by your doctor.

For patients taking the liquid form

Dilute with a full glass of water and drink, follow with additional water if desired. Chill (but do not freeze) this medicine before taking for a better taste.

For patients taking the crystal form

Add the contents of one packet to at least a full glass of cool water. Stir well to make sure the crystals are completely dissolved. Drink all the mixture and follow with additional water if desired.

Take each dose immediately after a meal or within 30 min after a meal or snack. Try to drink more water throughout the day, to increase your urine flow, unless otherwise directed by your doctor.

*Keep all medication out of reach of children
Discard all medication that has expired or is no longer required*

What should I do if I FORGET a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose.

What are the possible SIDE-EFFECTS of the medicine?

Stop taking this medicine and check with your doctor if any of the following side-effects occur:

- black tarry stools
- confusion
- seizures
- severe diarrhoea
- severe stomach pain
- difficulty in breathing

Abdominal or stomach pain, diarrhoea, nausea and vomiting may occur in some patients. These side-effects may abate during continued treatment as your body adjusts to the medicine. However, do check with your doctor if any of the side-effects persist or are bothersome.

What PRECAUTIONS should I take?

Check with your doctor if you are on a sodium-restricted or potassium-restricted diet.

Inform your doctor and pharmacist if you are already taking some other medicines, herbal preparations, nutritional products or vitamin supplements.

You must tell your doctor if you are allergic to any other medicines, or if you develop an allergy while taking this medicine. The symptoms of a drug allergy include one or more of the following: swollen face/eyes/lips, difficulty in breathing or widespread itchy skin rashes.

Inform your doctor if you are breast-feeding, pregnant or likely to become pregnant during the course of this treatment

How should I STORE the medicine?

Store the medicine in a dry place at room temperature, away from heat and direct light. Do not refrigerate your medicines unless instructed to do so.