

## Patient Information Leaflet

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.

### In this leaflet:

1. What CALCIFORM is and what it is used for
2. What you need to know before you take CALCIFORM
3. How to take CALCIFORM
4. Possible side effects
5. How to store CALCIFORM
6. Content of the pack and other information

### 1. What CALCIFORM is and what it is used for

CALCIFORM effervescent tablets contain 1.25 g calcium carbonate as the active ingredient which corresponds to 0.5 g calcium. The tablets provide extra calcium, in addition to the normal diet. They 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. What you need to know before you take CALCIFORM

#### Do not take CALCIFORM:

\* If you are allergic (hypersensitive) to any of the ingredients of this medicine (see Section 6).

\* If you have an overactive parathyroid gland (hyperparathyroidism) or too much vitamin D in your body (hypervitaminosis D).

\* If you have 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.

\* If you have been immobilized for long periods and had a high concentration of calcium in your blood or urine.

\* If you have kidney stones.

#### **Take special care with CALCIFORM**

##### **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 CALCIFORM if you are already taking:

\* Vitamin D

\* Heart medicines such as digoxin and cardiac glycosides

\* Tetracycline antibiotics

\* Antacids

\* Iron salts

\* Thiazide diuretics (water tablets)

\* Bisphosphonates and sodium fluoride (drugs used to treat bone disorders)

\* Quinolone antibiotics

**Pregnancy & breast-feeding:** Women who are pregnant or breast-feeding can take CALCIFORM. Ask your doctor or pharmacist for advice before taking any medicine.

**Driving and using machines:** CALCIFORM has no influence on the ability to drive and use machines.

**Important information about some of the ingredients of CALCIFORM:** CALCIFORM contains sucrose. If you know you have intolerance to some sugars, talk to your doctor before using this medicine.

**3. How to take CALCIFORM:** The tablets must be dissolved completely in a glass of water (100 ml or more) and the solution must be 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 1 and 3 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 per day.

**Children:**

- \* To treat conditions caused by lack of calcium, the dose is usually between 1 and 2 tablets per day.
- \* To supplement calcium in your diet, the dose is up to 2 tablets a day.

**If you take more CALCIFORM 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), and constipation.

**If you forget to take CALCIFORM:** 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 to make up for a forgotten dose).

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

**4. Possible side effects**

Like all medicines, this medicine 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 you get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet.

**5. How to store CALCIFORM**

- \* Keep this medicine out of the sight and reach of children.
- \* Do not use this medicine after the expiry date, which is stated on the tube and the carton after 'EXP'. The expiry date refers to the last day of that month.
- \* Keep the polypropylene tube tightly closed. Store in the original container in order to protect from moisture.
- \* Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

**6. Further information**

**What CALCIFORM contains**

The active substance is calcium carbonate. Each tablet contains 1.25 g Calcium carbonate as the active ingredient which corresponds to 0.5 g Calcium. The other ingredients are: Adipic acid, Citric acid, Orange flavor, Saccharin sodium, Sodium bicarbonate, Sucrose, Sunset yellow FCFE 110 CI 15985.

**What CALCIFORM looks like and contents of the pack**

Orange coloured, round tablets.

CALCIFORM effervescent tablets are available in white opaque plain polypropylene tube and white opaque tamper evident polyethylene cap with inbuilt desiccant packs containing 20 tablets in a tube.

Pack size: 20 (1 tube x 20) tablets per carton, including one patient instruction leaflet and 60 (3 tubes x 20) tablets per carton, including one patient instruction leaflet.

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