

### 1.3.2 PATIENT INFORMATION LEAFLET

#### SCHEDULING STATUS

**S0**

**QUATRO-SODA CRANBERRY (Sodium bicarbonate 1716 mg, tartaric acid 858 mg,  
citric acid 702 mg, sodium citrate 613 mg, granules)**

Contains liquid glucose (spray-dried) 356 mg and sucrose 4,34 mg

#### **What is in this leaflet:**

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

#### **1. What QUATRO-SODA CRANBERRY is and what it is used for**

QUATRO-SODA CRANBERRY contains the active substances sodium bicarbonate, tartaric acid, citric acid and sodium citrate.

QUATRO-SODA CRANBERRY belongs to a group of medicines called urinary and gastric alkalinisers which reduces the acidity of the stomach content and urine.

QUATRO-SODA CRANBERRY is used to:

- Reduce the acidity of the stomach.
- Reduce the acidity of the urine to alleviate symptoms associated with inflammation of the bladder.

Prevent crystals from forming in your urine when you are on sulphonamide antibiotic treatment.

## **2. What you need to know before you take QUATRO-SODA CRANBERRY**

### **Do not take QUATRO-SODA CRANBERRY:**

- if you are hypersensitive (allergic) to sodium bicarbonate, tartaric acid, citric acid, citrate or any of the other ingredients of QUATRO-SODA CRANBERRY (listed in section 6).
- if you suffer from metabolic disturbances with alkalosis (presenting with symptoms such as hand tremor, muscle twitching, nausea and vomiting), hypocalcaemia (low calcium levels) or hypochlorhydria (low levels of stomach acid).
- if you are taking medicines to treat bladder and urinary tract infections such as methenamine mandelate, methenamine hippurate, hexamine mandelate or hexamine hippurate.
- if you have severe renal problems, renal failure or too much sodium in your body.
- if you have heart problems.

### **Warnings and precautions**

#### **Take special care with QUATRO-SODA CRANBERRY:**

- if you have stomach or gut ulcers.
- if you have any kidney abnormalities.
- if you are on a diet restricting your salt intake.
- if you have liver problems.
- if you have high blood pressure.
- if you have any swelling in your arms, legs or ankles.
- If you have any swelling in your lungs which may cause difficulty in breathing.
- if you are pregnant and have high blood pressure.

- QUATRO-SODA CRANBERRY will not be effective to treat infections of the kidneys or bladder although it might temporarily relieve symptoms caused by infections.

### **Children and adolescents**

The safety of QUATRO-SODA CRANBERRY has not been established in children younger than 6 years.

### **Other medicines and QUATRO-SODA CRANBERRY**

Always tell your healthcare provider if you are taking any other medicine (this includes complementary or traditional medicines).

Tell your doctor if you are taking any of the following:

- Antibiotics (e.g. ciprofloxacin, norfloxacin, ofloxacin, tetracycline): medicine used to treat bacterial infections. QUATRO-SODA CRANBERRY should not be taken within 1 to 2 hours of tetracyclines.
- Antiseptics (e.g. methenamine, hexamine): medicine used to prevent returning urinary tract infections.
- Antacids (e.g. aluminium hydroxide, magnesium hydroxide): medicines used to relieve heartburn and indigestion.
- Salicylates (e.g. aspirin): medicine used to treat pain and inflammation.
- Antifungal medicines (e.g. ketoconazole): medicine used to treat fungal infections.

You should take QUATRO-SODA CRANBERRY at least 2 hours after ketoconazole.

- Lithium: medicine used to treat mental health diseases.
- Amphetamine: medicine used to treat attention deficit hyperactivity disorder (ADHD).

- Ephedrine/pseudoephedrine: medicine used in cold and flu medicines as a nasal decongestant.
- Chlorpropamide: medicine used to treat diabetes (high blood sugar).
- Laxatives: medicine used to treat constipation.

### **Pregnancy, breastfeeding and fertility**

You should not take QUATRO-SODA CRANBERRY if you are pregnant or breastfeeding your baby.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking QUATRO-SODA CRANBERRY.

### **Driving and using machines**

Since adverse reactions such as dizziness and mental disturbances have been reported in patients receiving QUATRO-SODA CRANBERRY, you should not drive, use machinery or perform any tasks that require concentration, until you are certain that QUATRO-SODA CRANBERRY does not adversely affect your ability to do so.

It is not always possible to predict to what extent QUATRO-SODA CRANBERRY may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which QUATRO-SODA CRANBERRY affects them.

### **QUATRO-SODA CRANBERRY contains sodium, sucrose and liquid glucose (spray-dried)**

QUATRO-SODA CRANBERRY contains 356 mg of liquid glucose (spray-dried) and 4,34 mg of sucrose per dose. This should be taken into account in patients with diabetes mellitus.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking QUATRO-SODA CRANBERRY.

QUATRO-SODA CRANBERRY contains 613,5 mg sodium (main component of cooking/table salt) in each 4 g. This is equivalent to 30 % of the recommended maximum daily dietary intake of sodium for an adult.

### **3. How to take QUATRO-SODA CRANBERRY**

Do not share medicines prescribed for you with any other person. Always take QUATRO-SODA CRANBERRY exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose of QUATRO-SODA CRANBERRY in adults is:

- One to two 5 ml medicine measures (4 g to 8 g) in half a glass of cold water 3 to 4 times daily, taken on an empty stomach and followed with additional water. Drink after effervescence.
- Long-term therapy: One 5 ml medicine measure (4 g) daily.

The usual dose of QUATRO-SODA CRANBERRY in children 6 to 12 years of age:

- One 5 ml medicine measure (4 g) in half a glass of cold water, 2 to 3 times daily, taken on an empty stomach and followed with additional water. Drink after effervescence.

### **If you take more QUATRO-SODA CRANBERRY than you should**

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

Overdosage with QUATRO-SODA CRANBERRY can cause metabolic alkalosis and hypernatraemia with symptoms such as dizziness, fast heartbeat, high blood pressure,

irritability, muscle twitching, muscle weakness, restlessness, seizures (fits), swelling of feet or lower legs, weakness, shortness of breath and coma.

#### **If you forget to take QUATRO-SODA CRANBERRY**

If you have missed a dose of QUATRO-SODA CRANBERRY, take the dose that you have missed as soon as you remember. However, if it is nearly time for the next dose, skip the missed dose. Do not take a double dose to make up for forgotten individual doses.

#### **4. Possible side effects**

QUATRO-SODA CRANBERRY can have side effects.

Not all side effects reported for QUATRO-SODA CRANBERRY are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking QUATRO-SODA CRANBERRY, please consult your healthcare provider for advice.

If any of the following happens, stop taking QUATRO-SODA CRANBERRY and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,
- rash or itching,
- fainting.

These are all very serious side effects. If you have them, you may have had a serious reaction to QUATRO-SODA CRANBERRY. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- increased levels of sodium in your blood (hypernatraemia) which may cause symptoms such as dizziness, fast heartbeat, high blood pressure, irritability, muscle twitching, restlessness, seizures (fits), swelling of feet or lower legs, weakness,
- metabolic alkalosis which may cause symptoms such as shortness of breath, muscle weakness and mental disturbances such as restlessness, convulsions (fits) and coma.

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

*Less frequent side effects:*

- increased thirst,
- stomach cramps, laxative effect (causing diarrhoea or loose bowel movements)

*Side effects with an unknown frequency:*

- bloated stomach, flatulence, belching and nausea may occur if QUATRO-SODA CRANBERRY is taken before effervescence is complete.
- muscle stiffness, muscle twitching, muscle spasms (especially when calcium levels are low in the body,
- excessive doses may lead to hyperosmolality (symptoms such as tissue swelling and possible effects on blood circulation)

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### **Reporting of side effects**

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to:

**SAHPRA:** <https://www.sahpra.org.za/health-products-vigilance/>

**Aspen Pharmacare:**

**E-mail:** [Drugsafety@aspenpharma.com](mailto:Drugsafety@aspenpharma.com)

**Tel:** 0800 118 088

By reporting side effects, you can help provide more information on the safety of QUATRO-SODA CRANBERRY.

## **5. How to store QUATRO-SODA CRANBERRY**

Store all medicines out of reach of children.

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

Keep tightly closed.

Store in the original packaging until required for use.

Once opened, use the bottle packs within 30 days.

Do not store in a bathroom.

Do not use after the expiry date stated on the label.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

## **6. Contents of the pack and other information**

### **What QUATRO-SODA CRANBERRY contains**

The active substances are sodium bicarbonate, tartaric acid, citric acid and sodium citrate.

The other ingredients are acacia gum, cranberry flavour, liquid glucose (spray-dried), nature-identical flavouring substances, natural flavouring substances, neelicol purple (C.I. No. 11357), potato maltodextrin, sucrose and triacetin.

### **What QUATRO-SODA CRANBERRY looks like and contents of the pack**

QUATRO-SODA CRANBERRY is pink to purple coloured granular powder with red to



brown specks.

4 g is packed in triple laminate foil sachets.

30 sachets are packed in an outer cardboard carton.

60 g and 120 g is packed in a white high density polyethylene bottle with white opaque polypropylene cap with heat seal lining.

Not all packs and pack sizes are necessarily marketed.

### **Holder of Certificate of Registration**

PHARMACARE LIMITED

Healthcare Park

Woodlands Drive

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**Hotline:** 0800 122 912

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### **Access to the corresponding Professional Information**

#### **SAHPRA Repository of Professional Information and Patient Information Leaflets:**

<https://www.sahpra.org.za/pi-pil-repository/>

#### **Aspen Pharmacare:**

**E-mail:** [Medinfo@aspenpharma.com](mailto:Medinfo@aspenpharma.com)

**Tel:** 0800 118 088