

PATIENT INFORMATION LEAFLET FOR
ALKAFIZZ LEMON

Scheduling Status

S0

ALKAFIZZ LEMON

Each medicine measure (4 g) contains:

Sodium citrate	0,613 g
Sodium bicarbonate	1,716 g
Citric acid anhydrous	0,702 g
Tartaric acid	0,858 g
Contains sugar (liquid glucose)	0,34 mL

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

ALKAFIZZ LEMON is available without a doctor's prescription, for you to treat a mild illness.

Nevertheless, you still need to use ALKAFIZZ LEMON carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share ALKAFIZZ LEMON with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 5 days.

What is in this leaflet

1. What ALKAFIZZ LEMON is and what it is used for
2. What you need to know before you take ALKAFIZZ LEMON
3. How to take ALKAFIZZ LEMON

4. Possible side effects
5. How to store ALKAFIZZ LEMON
6. Contents of the pack and other information.

1. What ALKAFIZZ LEMON is and what it is used for

ALKAFIZZ LEMON belongs to a group of medicines acting on the genito-urinary system.

ALKAFIZZ LEMON has gastric antacid as well as urinary alkalinising properties.

ALKAFIZZ LEMON can be used to relieve symptoms of inflammation of the bladder, including prevention of crystals forming in the urine due to the use of sulphonamides.

2. What you need to know before you take ALKAFIZZ LEMON

Do not take ALKAFIZZ LEMON if you:

- are hypersensitive (allergic) to sodium bicarbonate, citric acid, sodium citrate, tartaric acid or any of the other ingredients of ALKAFIZZ LEMON (listed in **Section 6**).
- Have severe kidney problems. Please discuss this with your doctor.
- Have metabolic disturbances with alkalosis (rise in the level of alkali in blood resulting in feeling of weakness or cramp, hypocalcaemia (deficiency of calcium in the bloodstream) or hypochlorhydria (an abnormally low level of hydrochloric acid in the stomach).
- Are currently taking any of the following medicines:
 - o Urinary tract antiseptics which require acid urine, such as methanamine mandelate and methanamine hippurate.

Warnings and Precautions

Take special care with ALKAFIZZ LEMON:

Before using ALKAFIZZ LEMON you should speak to your doctor if you:

- are currently taking other medicines, as ALKAFIZZ LEMON may interact with these medicines and cause unwanted or adverse effects.
- suffer from kidney insufficiency/ problems. You may have to go for blood tests to determine if your kidneys are functioning properly.
- are taking other antacids and you have compromised kidney function, as this may result in the absorption of dangerously high amounts of aluminium.
- are suffering from congestive heart failure and high blood pressure.
- are suffering from an ulcer of the stomach or gut.
- have cirrhosis (a chronic disease of the liver caused by alcoholism or inflammation of the liver).
- have swelling of the feet, hands, or ankles (peripheral oedema).
- have been diagnosed with pulmonary oedema (fluid accumulating in the lungs).
- are pregnant and suffering from pre-eclampsia (a potentially dangerous pregnancy complication characterized by high blood pressure).
- are on a sodium-restricted diet, as you should not take ALKAFIZZ LEMON.
- please note that this alkalinising agent does not eliminate bacteriuria (the presence of bacteria in the urine) although it may temporarily relieve lower urinary tract symptoms.
- if you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Other medicines and ALKAFIZZ LEMON

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.

Please consult your doctor, pharmacist or other healthcare professional for advice.

If you are taking any of the following medicines, please discuss the use of ALKAFIZZ LEMON with your doctor, as you may require special precautions:

- *Urinary tract antiseptics:*

Such as methenamine mandelate and methenamine hippurate (an antibiotic that eliminates bacteria that causes urinary tract infections) (see **“What you need to know before you take ALKAFIZZ LEMON”**).:

- *Antacids:*

Any other antacid, including aluminium-containing antacids, since it may cause abnormally high alkalinity of the blood and body fluids, may promote the development of kidney stones and may cause elevated sodium levels in the blood. It may cause absorption of dangerously high amounts of aluminium.

- *Quinolone antibiotics:*

e.g. ciprofloxacin, norfloxacin, ofloxacin.

- *Salicylates:*

e.g. aspirin used for pain, inflammation and fever and methyl salicylate/ wintergreen oil, for treatment of skin conditions and joint pain.

- *Tetracyclines, doxycycline used as antibiotics.*

You should not take ALKAFIZZ LEMON within 1 to 2 hours of these antibiotics.

- *Ketoconazole*

You should take ALKAFIZZ LEMON at least 2 hours after ketoconazole (medication used to treat infections caused by fungus or yeast).

ALKAFIZZ LEMON with food, drink and alcohol

ALKAFIZZ LEMON must be taken on an empty stomach and followed with additional water. Drink after effervescence.

Pregnancy, breastfeeding and fertility

The safe use of ALKAFIZZ LEMON in pregnant or breastfeeding mothers has not been established. If you are breastfeeding your baby, caution should be exercised.

If you are pregnant or breastfeeding your baby, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking ALKAFIZZ LEMON.

Driving and using machinery

None known.

It is not always possible to predict to what extent ALKAFIZZ LEMON 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 ALKAFIZZ LEMON affects them.

ALKAFIZZ LEMON contains

- Lemon flavour, Permaseal 60301-71
- Liquid Glucose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take ALKAFIZZ LEMON

Do not share medicines prescribed for you with any other person.

Always take ALKAFIZZ LEMON exactly as described in this leaflet or as your doctor or pharmacist has told you. You should check with your doctor or pharmacist if you are not sure.

Adults

Add one to two 5 mL medicines measures (4 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 the solution only after effervescence is complete.

Long-term therapy: one 5 mL (4 g) medicine measure daily.

Children (6 to 12 years)

Add one 5 mL medicine measure (4 g) in half a glass of cold water, 2 or 3 times daily, taken on an empty stomach and followed with additional water. Allow the child to drink the solution only after effervescence is complete.

If you take more ALKAFIZZ LEMON than you should

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

Overdosage may result in hypernatraemia (a high concentration of sodium in the blood) and metabolic alkalosis (disease state where body's pH is elevated) (see **“Possible Side effects”**)

If you forget to take ALKAFIZZ LEMON

Always take ALKAFIZZ LEMON as prescribed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose until the next day, skip the missed dose and go back to your regular dosing schedule.

Do not take / receive a double dose to make up for forgotten individual doses. Continue with your normal dose on the regular schedule as prescribed by your doctor or as directed above.

4. Possible Side Effects

ALKAFIZZ LEMON can have side effects.

Not all side effects reported for ALKAFIZZ LEMON are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking ALKAFIZZ LEMON, please consult your doctor, pharmacist or other healthcare professional for advice.

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

- Shortness of breath, convulsions and coma, especially if you suffer from impaired kidney function. These are symptoms of metabolic alkalosis.
- Seizures, swelling of feet or lower legs, weakness, oedema and possible effect on the cerebral, pulmonary or peripheral circulations (excessive doses may lead to sodium overloading and hyperosmolality).

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, dizziness, fast heartbeat, high blood pressure, irritability, muscle twitching, restlessness.
- Stomach cramps and laxative effect (loose bowel movements or diarrhoea) may occur.

Side effects with unknown frequency:

- Muscle weakness and mental disturbances such as restlessness, especially if you suffer from impaired kidney function. These are symptoms of metabolic alkalosis.
- Muscle hypertonicity (spasms), twitching and tetany, especially if you have low blood calcium levels.

- Abdominal distension, belching, flatulence and nausea may occur if ALKAFIZZ LEMON is taken before effervescence is complete.

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 via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8> or by e-mail: drugsafety@cipla.com or telephone: 080 222 6662 (toll free) . By reporting side effects, you can help provide more information on the safety of ALKAFIZZ LEMON.

5. How to store ALKAFIZZ LEMON

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

Close the container tightly after opening.

Do not refrigerate or freeze.

Keep the bottle in the outer carton.

Store all medicines out of reach of children.

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 ALKAFIZZ LEMON contains

The active substance are: sodium citrate 0,613 g, sodium bicarbonate 1,716 g, citric acid anhydrous 0,702 g, tartaric acid 0.858 g (per 4 g medicine measure).

The other ingredients are: lemon flavour, Irmaseal 60301-71 and liquid glucose.

What ALKAFIZZ LEMON looks like and contents of the pack

ALKAFIZZ LEMON: White to straw coloured granules with a lemon odour and a sweet/sour slightly lemon taste. After reconstitution with water a clear to straw coloured solution with a slight lemon odour is obtained.

ALKAFIZZ LEMON is presented in clear glass bottles with a screw cap and dosage measure, or plastic bottles with screw cap, each bottle containing 60 g, 100 g or 120 g of effervescent granules.

ALKAFIZZ LEMON is available in 4 g sachets with 30 sachets in an outer carton.

Not all pack sizes may be marketed.

Holder of Certificate of Registration

CIPLA MEDPRO (PTY) LTD.

Building 9

Parc Du Cap

Mispel Street

Bellville

7530

Customer Care: 080 222 6662

This leaflet was revised in

24 January 2025

Registration number(s)

29/18.3/0378

Namibia: NS0 12/18.3/0114

Access to the corresponding Professional Information

To access corresponding Professional Information, scan the QR Code below.

PLACE HOLDER:
The QR Code to
be generated and
included after
approval.