

# CYSTOPURIN

3g GRANULES FOR

ORAL SOLUTION  
POTASSIUM CITRATE

EFFECTIVE RELIEF FROM  
THE SYMPTOMS OF  
CYSTITIS



WITH NATURAL  
CRANBERRY JUICE EXTRACT

48  
HOUR  
COURSE



LOW IN SODIUM

The active substance in Cystopurin is potassium citrate. Potassium citrate helps to relieve the symptoms of cystitis by making your urine less acidic, reducing the discomfort caused by acidic urine.

## 2. BEFORE YOU TAKE CYSTOPURIN®

### DO NOT take Cystopurin:

- If you are allergic (hypersensitive) to potassium citrate or any of the other ingredients of Cystopurin (see Section 6 'Further Information').

### Before taking Cystopurin, consult your doctor if:

- You are a man.
- You are under 18 years of age.
- You have a history of heart problems or kidney disease.
- Your urine is dark or cloudy, or has blood in it.
- You have unusually heavy vaginal discharge.
- You have stomach, groin or back pain.
- You have high body temperature and general tiredness.
- You suffer from phenylketonuria, since this product contains aspartame.

### Important information about some of the ingredients of Cystopurin:

The granules contain aspartame, a source of phenylalanine. This may be harmful to people with phenylketonuria.

### Taking other medicines:

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

In particular, tell your doctor or pharmacist if you are taking:

- Diuretics that retain potassium, such as amiloride.
- Aldosterone antagonists, such as spironolactone.
- ACE inhibitors or aliskiren (for high blood pressure).
- Angiotensin-II receptor antagonists,

such as losartan (for high blood pressure or heart failure).

- Methenamine (an antibacterial).
- Ciclosporin or tacrolimus (immunosuppressants used to reduce risk of organ transplant rejection).

### Taking Cystopurin with food and drink:

Cystopurin granules should be diluted in water. They can be taken with or without food.

While suffering from cystitis avoid alcohol, fruit juices, coffee and strong tea. You should also try to drink as much water as possible (at least 8 glasses per day).

### Pregnancy and breast-feeding:

As with all medicines, Cystopurin should not be taken during pregnancy or breast-feeding, unless you are advised to do so by your doctor.

## 3. HOW TO TAKE CYSTOPURIN®

Follow the directions below closely. You should ask your doctor or pharmacist if you are unsure how to use this medicine.

Cystopurin is taken as a drink.

### Adults and the elderly:

- Take the contents of one sachet dissolved in a small glass of cold water (200ml), three times daily for two days.
- All six sachets must be taken to complete the course of treatment.

### Children over 6 years:

- Use only after advice from your doctor, and follow his/her directions carefully.

Cystopurin is not recommended for children under 6 years.

You should consult your doctor if symptoms return or persist after 48 hours of treatment.

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

This medicine is available without prescription. However, you still need to take Cystopurin carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve.
- If you have any unusual effects after using this product, tell your doctor or pharmacist.

## IN THIS LEAFLET:

1. What is Cystopurin and what is it used for?
2. Before you take Cystopurin
3. How to take Cystopurin
4. Possible side effects
5. How to store Cystopurin
6. Further information

## 1. WHAT IS CYSTOPURIN® AND WHAT IS IT USED FOR?

Cystopurin is for the relief of the symptoms of cystitis.

If you are unsure whether you have cystitis, seek the advice of your doctor or pharmacist.

### **If you take more Cystopurin than you should:**

Tell your doctor straight away or contact the Accident and Emergency Department of your nearest hospital.

Prolonged high doses can cause high blood levels of potassium (hyperkalaemia), which can cause abnormal heart rhythm.

### **4. POSSIBLE SIDE EFFECTS**

Like all medicines, Cystopurin can cause side effects, although not everybody gets them.

Some people may experience:

- Slight increase in passing urine.
- Stomach irritation. This can be minimised by diluting the content of the sachets with extra water or by taking it with or after meals.

If you react badly to the product in any way, tell your doctor or pharmacist immediately.

### **5. HOW TO STORE CYSTOPURIN®**

**Keep out of the reach and sight of children.**

This product should be stored in the original carton.

Do not store above 25°C.

Do not use Cystopurin after the expiry date which is stated at one end of the carton and on the sachet. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

### **6. FURTHER INFORMATION**

#### **What Cystopurin contains:**

- The active substance is potassium citrate (3g).
- The other ingredients are mannitol (E421), citric acid (E330), aspartame (E951), natural cranberry flavours (flavours contain cranberry extracts with sugar and ethanol).

*See Section 2 'Important information about some of the ingredients of Cystopurin' for aspartame advice.*

#### **What Cystopurin looks like and contents of the pack:**

Cystopurin is available in packs of 6 sachets containing 3g of pink-brown granules.

#### **Marketing Authorisation Holder:**

Bayer plc, Consumer Care Division, Bayer House, Strawberry Hill, Newbury, Berkshire RG14 1JA, United Kingdom

#### **Manufacturer:**

Pharmapac UK Ltd, Unit 20, Valley Road Business Park, Bidston, Wirral CH41 7EL, United Kingdom

***Remember: If you have any doubts about using Cystopurin® correctly, seek the advice of your doctor or pharmacist.***

#### **Further information about cystitis:**

Cystitis is a distressing condition caused by an infection and/or inflammation of the bladder. It is normally no more than a painful nuisance and only rarely becomes more serious. Cystitis will occur in 4 out of 5 women at least once in their lifetime, so it is a very common complaint and the attacks usually cause no lasting damage.

**Cystitis can also occur in men and children, but this is quite rare and medical advice should be sought.**

There are two types of cystitis: bacterial cystitis and non-bacterial cystitis.

- Bacterial cystitis is caused by bacteria that reach the bladder from the bowel. This may occur during sexual intercourse, or be due to ineffective/infrequent hygiene.
- Non-bacterial cystitis can be caused by a number of triggers including certain soaps, deodorants, insufficient water-based liquid intake, or even tight trousers.

#### **The most common symptoms of cystitis are:**

- A sharp stinging sensation on passing water.
- An urge to pass water more frequently.

#### **How to avoid cystitis in the future:**

- ✓ Try to drink plenty of fluids every day.
- ✓ Take care of your personal hygiene. It can help if you and your partner wash carefully before and after sexual intercourse.
- ✓ Always go to the toilet as soon as you feel the need to pass water. Keeping your bladder flushed will help it work normally.
- ✗ Try to avoid washing with perfumed soaps or using deodorants or perfumes around the vaginal area.

Further information on cystitis can be obtained from your doctor or pharmacist or by contacting:

Bayer plc, Consumer Care Division, Newbury RG14 1JA, UK.

This leaflet was last approved in June 2008.

Cystopurin is a registered trademark.

Bayer

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POTASSIUM CITRATE 3g