

 **PACKAGE LEAFLET:**
Information for the patient

KALCIUM GLUKONAT

Tablets - 500 mg
(Calcium gluconate)

Read all of this leaflet carefully before you start taking this medicine.

- 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. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects becomes worse or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

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

1. WHAT KALCIUM GLUKONAT IS AND WHAT IT IS USED FOR

Calcium is a mineral element necessary to maintain electrolytic balance and proper functioning of many regulatory mechanisms. Calcium insufficiency is associated with neuromuscular disorders and bone demineralisation. Calcium increases the effectiveness of leukocytes, increases phagocytosis and has an exudative effect on the capillaries during cold weather. Taking calcium increases its concentration in serum and in the whole body. 99% of calcium in the body is bound with phosphates in bones, mainly as hydroxyapatite.

Calcium glukonat is indicated as additional treatment to the osteoporosis of different etiology (postmenopausal osteoporosis, senile osteoporosis, osteoporosis induced by corticosteroids, gastrectomy or immobilization); prophylaxis of bone demineralisation before, during or after menopause; additional medication in rickets or osteomalacia; latent tetany (in acute cases calcium gluconate is used parenterally); in case of increased needs for calcium during pregnancy and breast feeding, as well as in the period of growth (childhood, adolescence); allergic condition (as additional treatment).

Your doctor may have given you Calcium glukonat for another reason. Ask your doctor if you want to know why you were given Calcium glukonat.

2. BEFORE YOU TAKE KALCIUM GLUKONAT

Do not take Calcium glukonat if you:

- are hypersensitive to calcium gluconate or to any of the other ingredients of the tablet;
- have hypercalcaemia (eg. in hyperparathyroidism, overdosing of vitamin D, tumors causing decalcification, eg. plasmocytoma, bone metastases);
- suffer from severe hypercalciuria;
- suffer from severe renal failure;
- suffer from Zollinger - Ellison syndrome;
- suffer from ventricular fibrillation.

If you think you have any of the conditions mentioned above, do not take the tablets, talk to your doctor first and follow the given advice.

Take special care with Calcium glukonat

Tell your doctor if you:

- are being treated with cardiac glycosides because in this case calcium serum levels should be monitored regularly;
- have mild hypercalciuria (not exceeding 300 mg or 7.5 mmol in 24 hours);
- have moderate impairment of renal function or history of nephrolithiasis (renal calculi), because the calcium quantity eliminated via urine should be monitored (where it is necessary the dose of calcium should be reduced or discontinued. Patients who have predisposition for nephrolithiasis should consume considerable amounts of liquid);
- during treatment with calcium you are taking vitamin D, the dose of the latter should be reduced, except the cases where it is specifically indicated.

Taking other medicines

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, even those without a prescription such as:

- tetracyclines and medicines containing fluoride (oral calcium can reduce their absorption. In cases where they should be taken together, the administration should be separated by at least 3 hours);
- vitamin D (concomitant use with vitamin D increases the absorption of calcium);
- corticosteroids (concomitant use with corticosteroids may interfere in the absorption of calcium);
- verapamil (when used in high doses together with vitamin D, calcium can reduce the response of verapamil and maybe the response of other calcium blockers);
- cardiac glycosides (oral use of high doses of calcium may increase the risk of cardiac arrhythmias);
- thiazide diuretics (concomitant use with thiazide diuretics may increase renal reabsorption of calcium).

These drugs can be affected by Calcium glukonat or may affect the way it acts. For this reason, during their concomitant use, may be needed to reduce or increase the dose of Calcium glukonat. Your doctor or pharmacist will advise you.

Taking Calcium glukonat with food or drinks

Some foods (eg. spinach, whole grains, milk and dairy products) decrease the absorption of calcium from the digestive system.

Pregnancy

Inform your doctor or pharmacist if you are pregnant or planning to get pregnant to determine the optimal dose of calcium gluconate because it is indicated in pregnancy.

Breastfeeding

Inform your doctor or pharmacist if you are breastfeeding. Calcium gluconate may be used during breastfeeding.

Driving and using machines

There is no evidence that calcium gluconate affects the ability to drive or use machines.

3. HOW TO TAKE KALCIUM GLUKONAT

Always take this drug exactly as your doctor has told you. If you feel that the effect of Calcium glukonat is too strong or too weak, talk to your doctor or pharmacist.

Tablets Calcium glukonat are used as described below:

Oral use.

Adults: 1-1.5 g, 3 times daily.

Children: 0.5-1 g, twice daily.

You should take the tablets at the same time every day.

The tablets Calcium glukonat should be swallowed whole with a glass of water.

Your doctor may ask you to take Calcium glukonat for a longer time. Ask your doctor for advice if you are not sure for how long you should take it.

If you take more Calcium glukonat than you should

If you take more Calcium glukonat than you should, or if children have been taking this medicine by accident, please contact your doctor, the hospital, or call the emergency to get an opinion of the risk and advice on the action to be taken.

If you forget to take Calcium glukonat

If you forget a dose, take the next dose when it is the normal time to take it.

Do not take a double dose to make up for the forgotten dose.

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

4. POSSIBLE SIDE EFFECTS

All medicines can cause side effects. Sometimes they may be serious, sometimes not. Do not panic from this list of possible side effects. You may not get any of them.

Inform your doctor if any of the following side effects bothers you:

- gastrointestinal disorders (flatulence, constipation, diarrhoea);
- exanthema or allergic reactions (urticaria, angioedema, pruritus).

If any of the side effects becomes worse or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. HOW TO STORE KALCIUM GLUKONAT

Keep out of the reach and sight of children.

Do not use Calcium glukonat after the expiry date which is stated on the package.

Do not store above 25°C.

6. FURTHER INFORMATION

The active substance is calcium gluconate.

What Calcium glukonat - tablets contain

Each tablet contains 500 mg calcium gluconate.

The other ingredients are: microcrystalline cellulose, sodium starch glycolate, magnesium stearate, talc.

Contents of the pack

Box with 30 tablets.

Explanatory of the illustration icons on the packaging:



Ask your doctor or pharmacist.



Content.



Warning.



Tablet shape.

Marketing Authorisation Holder and Manufacturer:



PROFARMA Sh.a.
Rruga "Myslym Keta"
Tel.: 00355 4 23 89 602
Tirana - ALBANIA

This leaflet was last revised in July 2015.

PAY ATTENTION, all the layers are visible.

If you have to print this document please check or uncheck the specific layers.

