

Package Leaflet: information for the user

**Slow-K® 600 mg
Prolonged-release Coated Tablets
Potassium chloride**

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 gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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1 What Slow-K is and what it is used for

The name of your medicine is Slow-K 600mg Prolonged-release Coated Tablets (called Slow-K in this leaflet). It contains a medicine called potassium chloride. It has a special slow-release system that releases your medicine evenly throughout the day.

Slow-K is used to treat or prevent low levels of potassium in your body. This might be because:

- you have sickness or diarrhoea
- you are using certain medicines
- you have a kidney or gut problem
- you have certain metabolic diseases
- you do not get enough potassium from your normal diet
- you have an illness that runs in your family (genetic disease)

Slow-K is usually used in people who cannot take potassium chloride as a liquid or tablet that dissolves.

2 Before you take Slow K

Do not take Slow-K if:

- you are allergic to potassium chloride or any of the other ingredients of this medicine (listed in Section 6)
- you have kidney failure
- you have severe or long-lasting diarrhoea
- you have untreated Addison's Syndrome (underactive adrenal glands)
- you have a hormone problem called "hypo-aldosteronism"
- any part of your food pipe, stomach or gut has a narrowing in it (called a "stricture")
- you have any conditions like trauma, burns and muscle cramps and metabolic complications occurring after cancer treatment
- you have a blood problem called "metabolic acidosis"
- you have been told that your body has difficulty getting rid of potassium
- you have been told that you have a high level of potassium in your blood
- you have hyperkalaemic periodic paralysis
- you are taking water tablets called "potassium sparing diuretics" such as spironolactone, triamterene or amiloride
- you have been told that you cannot tolerate or digest some sugars. Slow-K contains sucrose (a type of sugar)

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Slow-K.

Take special care with Slow-K

Check with your doctor or pharmacist before taking your medicine if:

- you have had any surgery in or near your stomach or gut (such as colostomy, ileostomy or urostomy)
- you have kidney, liver or heart problems
- you have stomach ulcers
- you are pregnant or plan to get pregnant
- you are breast-feeding
- you have any problems with your digestive system like constipation, irritable bowel syndrome, bowel obstruction, cancer of the bowel, reflux, diverticular disease, ulcers, haemorrhoids etc.

If any of the above apply to you (or you are not sure), talk to your doctor or pharmacist before taking Slow-K.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines obtained without a prescription and herbal medicines. This is because

Slow-K can affect the way some other medicines work. Also some other medicines can affect the way Slow-K works.

In particular, do not take Slow-K if you are taking:

- water tablets called “potassium sparing diuretics” such as spironolactone, triamterene or amiloride

Do not take Slow-K if you are taking this type of medicine.

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

- digoxin – for heart problems
- medicines for high blood pressure such as:
 - “ACE inhibitors” (such as lisinopril or captopril)
 - “angiotensin-II-receptor antagonists” (such as valsartan or losartan)
 - “beta-blockers” (such as atenolol or bopindolol)
- medicines affecting your immune system such as ciclosporin
- medicines for inflammation or pain such as “Non-Steroidal Anti-Inflammatory Drugs NSAIDs” such as indomethacin
- medicines for thinning the blood such as heparin
- medicines called “anti-cholinergics”, which are used to treat a variety of things such as stomach cramps, muscle or bladder spasms, asthma, motion sickness, some forms of poisoning or used during an operation to help keep you asleep.

If any of the above apply to you (or you are not sure), please tell your doctor or pharmacist before taking Slow-K.

Tests

If you have a heart or kidney problem or you are taking Slow-K for a long time, your doctor will carry out tests during your treatment. They will check your blood potassium levels as well as other substances in your blood. They will also check your heart.

Pregnancy and breast-feeding

Slow-K is not recommended during pregnancy or breast-feeding.

Talk to your doctor if you are pregnant, plan to get pregnant or if you are breast-feeding.

Taking Slow-K with food and drink

It is important to drink plenty of fluid throughout the day e.g. tea, coffee, water, while you are taking Slow-K.

Driving and using machines

Slow-K has no known effect on the ability to drive and use machines.

Important information about some of the ingredients of Slow-K

Do not take this medicine if you have been told by your doctor that you cannot tolerate or digest some sugars. Slow-K contains sucrose (a type of sugar).

3 How to take Slow-K

Always take Slow-K exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Take this medicine by mouth.
- Swallow your tablets whole with a full glass of water or other liquid.
- Do not crush or chew the tablets. This will affect their special slow-release system.
- Take with a meal, when sitting upright.

Talk to your doctor if you have trouble swallowing the tablets, or if they seem to stick in your throat. If this happens, it could cause irritation that might lead to ulcers in your food pipe.

The tablet may not dissolve completely after all of the drug has been released and sometimes a residue of the tablet may appear in your stools. This is normal.

How much to take

Your doctor will tell you exactly how many tablets of Slow-K to start taking. They may then suggest a higher or lower dose.

Do not take more tablets than you are told to or take them more often.

If you take 3 or more tablets each day, split them up so that you take them with breakfast, lunch and dinner. If you only take 1 or 2 tablets, you can take them together with whichever meal is best for you.

To prevent low levels of potassium

- The usual dose is 2 to 3 tablets each day.

To treat low levels of potassium

- The usual dose is 5 to 6 tablets each day.
- The maximum dose is 12 tablets each day.

If you take more Slow-K than you should

If you take more Slow-K than you should, or someone else takes your tablets, talk to a doctor or go to a hospital straight away. Take the medicine pack with you. You may feel light-headed or have an uneven heart beat.

If you forget to take Slow-K

- If you forget a dose, take it as soon as you remember it.
- However, if it is nearly time for the next dose, skip the missed dose.
- Do not take a double dose to make up for a forgotten dose.

Stopping Slow-K

Keep taking this medicine until your doctor tells you to stop. It is important to keep up the level of potassium in your body.

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

4 Possible side effects

Like all medicines, Slow-K can cause side effects, although not everybody gets them. The following side effects may happen with this medicine:

Tell your doctor, if you get any of the following side effects:

- itchy skin rash
- diarrhoea that is black or blood-stained
- upset stomach, feeling very sick or being sick, severe stomach pain or wind, risk of ulceration; obstruction, haemorrhage or perforation of the gastrointestinal tract
- you have a heart or kidney problem and you feel it might be getting worse. This can be caused by the increased levels of potassium in your body.

Tell your doctor, if you get any of the above.

The special slow-release coating may pass through you whole and appear in your stools. This is normal and is nothing to worry about.

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly (see details below). By reporting side effects, you can help provide information on the safety of this medicine.

Ireland: www.hpra.ie

5 How to store Slow-K

- Keep out of the sight and reach of children.
- Do not use Slow-K after the expiry date which is stated on the carton after EXP. The expiry date refers to the last day of that month.
- Do not store above 30°C. Store in the original container. Keep the container tightly closed. 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 protect the environment.

6 Further information

What Slow-K contains

- The active substance is potassium chloride. Each tablet contains 600 mg of potassium chloride in a special slow-release form.
- The other ingredients are cetostearyl alcohol, gelatin, magnesium stearate, acacia, talc, sucrose, titanium dioxide (E171), carnauba wax, yellow and red iron oxides (E172).

What Slow-K looks like and contents of the pack

- Slow-K is a pale orange, round, biconvex, polished sugar-coated tablet.
- It comes in PP containers of 500 tablets.

Manufacturer:

Geryon Pharma Ltd,
18 Owen Drive,
Liverpool,
L24 1YL, UK.

Marketing Authorisation Holder:

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This leaflet was last revised March 2020