

PACKAGE LEAFLET: INFORMATION FOR THE USER

Kay-Cee-L Syrup 7.5% w/v Potassium Chloride 500ml

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

- Keep this leaflet. You may need to read it again.
- If you are going to be giving this medicine to a child, read the leaflet replacing 'you' with 'your child'.
- 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 get serious, or you notice any side effects not listed in this leaflet, please tell your doctor, nurse or pharmacist.
- If you have any further questions, please ask your doctor, nurse or pharmacist.
- The full name of your medicine is Kay-Cee L Syrup. In this leaflet the shorter name Kay-Cee-L is used.

In this leaflet:

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

1. What Kay-Cee-L is and what it is used for

What Kay-Cee-L is

Kay-Cee-L contains a medicine called potassium chloride and is a potassium supplement. Potassium chloride is a type of salt which your body needs to be healthy.

What Kay-Cee-L is used for

Kay-Cee-L is used to treat or to stop low levels of potassium in your body. If the level of potassium in your body is low, you will feel unwell.

How Kay-Cee-L works

Kay-Cee-L works by increasing the store of potassium in your body to the right levels.

2. Before you take Kay-Cee-L

Do not take Kay-Cee-L if:

- you are allergic (hypersensitive) to potassium chloride or any of the other ingredients of Kay-Cee-L (listed in Section 6)
- you have serious kidney function failure
- you have a problem called 'Addison's disease' and you are not being treated for this. Addison's disease is when your adrenal glands do not produce enough steroids
- you are dehydrated. You may feel thirsty or have a dry mouth
- you have been told that you have a high level of potassium in your blood

- you have recently had serious burns

Do not take Kay-Cee-L if any of the above apply to you. If you are not sure, talk to your doctor, nurse or pharmacist before taking Kay-Cee-L.

Take special care with Kay-Cee-L

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

- you have ever had a stomach ulcer
- you have any problems with your food pipe (oesophagus), stomach or bowel
- you have problems with your kidneys or liver
- you have heart disease.
- you are elderly (over 65 years).
- you are taking any medicine that may increase the levels of potassium in your blood, such as diuretics (medicines that help you to pass urine), ACE inhibitors (medicines for high blood pressure or heart problems), ciclosporin, tacrolimus or digoxin.

If any of the above apply to you (or you are not sure), talk to your doctor, nurse or pharmacist before taking Kay-Cee-L.

If you are elderly (over 65 years) or have heart or kidney problems, your potassium levels may still fall, even when you are taking Kay-Cee-L. Your doctor may take regular blood tests to check your level of potassium.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken other medicines. This includes medicines that you get without a prescription, such as herbal medicines.

Some medicines can affect the levels of potassium in your blood stream. These include ACE inhibitors (such as enalapril), aldosterone antagonists (such as spironolactone), angiotensin II receptor antagonists (such as losartan), ciclosporin, potassium sparing diuretics (such as amiloride) and tacrolimus. The risk of developing high levels of potassium in your blood stream is increased if you are taking potassium supplements and a medicine called digoxin (particularly if you take too much digoxin) or if you have kidney problems.

If you are taking any of these medicines (or you are not sure) talk to your doctor, nurse or pharmacist before taking Kay-Cee-L.

Pregnancy and breast-feeding

- Do not take this medicine if you are pregnant, might become pregnant or are breast-feeding unless your doctor advises it is essential.

Driving and using machines

Kay-Cee-L is not likely to affect you being able to drive or use tools or machines. However, if you feel unwell do not drive or use any tools or machines.

Important information about some of the ingredients of Kay-Cee-L

Kay-Cee-L contains less than 1 mmol sodium (23 mg) per dose. This means that it is essentially 'sodium free'.

Kay-Cee-L contains 0.4 g/ml sorbitol (a type of sugar). If you have been told by your doctor that you cannot tolerate or digest some sugars, talk to your doctor before taking this medicine. Sorbitol may have a mild laxative effect. Sorbitol has a calorific value of 2.6 kcal/g.

Kay-Cee-L contains carmosine (E122) and parahydroxybenzoates which may cause allergic reactions. These reactions may not happen straight away.

3. How to take Kay-Cee-L

A doctor or nurse may give you this medicine or you may take it yourself. Always take Kay Cee-L exactly as your doctor, nurse or pharmacist has told you. You should check with your doctor, nurse or pharmacist if you are not sure.

Taking Kay-Cee-L

- Always take your medicine after food.
- Always take the dose exactly as it is written on the label.

How much Kay-Cee-L to take

Your doctor will decide how much medicine you should take and for how long you should take it. This will depend on a number of things such as:

- how low your potassium level is
- the reason that it is low
- the length of time it has been low.

Adults, the elderly (over 65 years) and children aged 12 years and over

- The usual dose is 10 to 50 ml a day.
- Spread this out during the day as instructed by your doctor.
- If you are elderly and have kidney problems, your doctor may decide to give you less. This depends on the level of potassium in your blood.
- You may need to have regular blood tests to monitor this.

Babies (up to 1 year of age) Infants and children (age 1 to 12 years)

- For babies (up to 1 year of age) the usual dose is 0.5 to 0.75 ml per kg of body weight a day.
- For infants and children (age 1 to 12 years) the usual dose is 0.5 to 1.0 ml per kg of body weight a day.
- For children who weigh over 50 kg, the adult dose is usually given (see above).

Spread this out during the day as instructed by your doctor. Use the syringe in the pack or spoon supplied by your pharmacist to help you give the right dose.

If you take more Kay-Cee-L than you should

If you or someone else takes more Kay-Cee-L than you should talk, to a doctor or nurse or go to a hospital straight away. Take the medicine pack with you. You may:

- feel sick or confused
- feel weak or have a lack of energy
- feel numb or tingling
- have an uneven heartbeat.

If you forget to take Kay-Cee-L

If you forget a dose, do not worry. Do not take extra doses to make up. Take your next dose as usual.

If you stop taking Kay-Cee-L

Talk to your doctor before stopping taking Kay-Cee-L. If you stop taking Kay-Cee-L before you have finished your course of treatment, your symptoms may return. If you have any further questions on the use of this medicine, ask your doctor, nurse or pharmacist.

4. Possible side effects

Like all medicines, Kay-Cee-L can cause side effects, although not everyone gets them.

Side effects include:

Rare (affects less than 1 in 1,000 people)

- feeling or being sick
- diarrhoea
- abdominal cramps
- high levels of potassium in people that have 'familial hyperkalaemic periodic paralysis'.

If these side effects trouble you, your doctor may lower your dose or tell you to stop taking Kay-Cee-L.

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

5. How to store Kay-Cee-L

Keep out of the reach and sight of children.

Do not use Kay-Cee-L after the expiry date which is stated on the carton and the label on the glass bottle after EXP. The expiry date is the last day of that month.

Store below 25°C

Do not use Kay-Cee-L if the appearance of the medicine has changed in any way.

Do not use this medicine after 8 weeks of first opening.

Medicines should not be disposed of via wastewater or household waste. Ask your doctor, pharmacist or nurse how to dispose of medicines no longer required.

These measures will help to protect the environment.

6. Further information

Kay-Cee-L contains 7.5% w/v potassium chloride as the active ingredient, equivalent to 1 mmol of potassium per ml.

- The other ingredients are sorbitol (E420), carmosine (E122), wild cherry flavour F617, sodium benzoate (E211), saccharin sodium, ethyl parahydroxybenzoate (E214), methyl parahydroxybenzoate (E218), propyl parahydroxybenzoate (E216), propylene glycol and purified water.

What Kay-Cee-L looks like

Kay-Cee-L is a clear, red, slightly sticky and thick liquid available in 200ml and 500ml bottles. A syringe is supplied with the 200ml bottle.

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