



## CYSTOPURIN

3g GRANULES FOR ORAL SOLUTION

POTASSIUM CITRATE

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 2 days.

### **WHAT IS IN THIS LEAFLET:**

1. What Cystopurin is and what it is used for
2. What you need to know before you take Cystopurin
3. How to take Cystopurin
4. Possible side effects
5. How to store Cystopurin
6. Contents of the pack and other information

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

Cystopurin is used to relieve the symptoms of cystitis.

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.

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.

## **2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE CYSTOPURIN®**

### **DO NOT take Cystopurin:**

- If you are allergic to potassium citrate or any of the other ingredients of this medicine (listed in section 6).
- If you have a history of kidney disease.

### **Warnings and precautions**

**Talk to your doctor, pharmacist or nurse before taking Cystopurin if any of the following apply to you:**

- A history of heart problems.
- Urine that is dark or cloudy, or has blood in it.
- Unusually heavy vaginal discharge.
- Stomach, groin or back pain.
- High body temperature and general tiredness.
- You suffer from phenylketonuria, since this product contains aspartame.

### **Children:**

Cystopurin is not recommended for children under 6 years.

### **Other medicines and Cystopurin:**

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 ACE inhibitors (for high blood pressure) or diuretics that retain potassium (such as amiloride).

### **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.

**Cystopurin contains aspartame:**

This medicine contains 40 mg aspartame in each sachet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

**3. HOW TO TAKE CYSTOPURIN®**

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

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.

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).

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

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

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

**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.

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

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

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

Some people may experience stomach irritation. This can be minimised by diluting the content of the sachets with extra water or by taking it with or after meals.

#### **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 via HPRA Pharmacovigilance; Website: [www.hpra.ie](http://www.hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

#### **5. HOW TO STORE CYSTOPURIN®**

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

Do not store above 25°C.

Do not use this medicine 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.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### **6. CONTENTS OF THE PACK AND OTHER INFORMATION**

**What Cystopurin contains:**

- The active substance is potassium citrate (3g).
- The other ingredients are Mannitol (E421), Citric Acid (Anhydrous) (E330), Cranberry flavour (flavour contains maltodextrin, natural flavouring substances, flavouring preparations, silicon dioxide (E551), carmine (E120) and triacetin (E1518)), Aspartame (E951). 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 Limited, The Atrium, Blackthorn Road, Dublin 18, Ireland.

**Manufacturer:**

Laboratori Fundacio Dau, Carrer de la Lletra C, 12-14 Polígon Industrial Zona Franca, 08040 Barcelona, Spain.

This leaflet was last approved in July 2021.