

K-Citra 10[®]

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

WARNING: Important safety information is provided in a boxed warning in the [full CMI](#). Read before using this medicine.

1. Why am I using K-Citra 10[®]?

K-Citra 10[®] contains the active ingredient potassium citrate. K-Citra 10[®] is used to maintain kidney health and support general health and wellbeing.

For more information, see Section [1. Why am I using K-Citra 10[®]?](#) in the full CMI.

2. What should I know before I use K-Citra 10[®]?

Do not use if you have ever had an allergic reaction to potassium citrate or any of the ingredients listed at the end of the CMI.

Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use K-Citra 10[®]?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with K-Citra 10[®] and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use K-Citra 10[®]?

- Take 6-10 tablets daily in divided doses, or as directed by your healthcare practitioner.
- Take this medicine after meals or with food.
- Swallow tablet whole.

More instructions can be found in Section [4. How do I use K-Citra 10[®]?](#) in the full CMI.

5. What should I know while using K-Citra 10[®]?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist, or pharmacist you visit that you are using potassium citrate.• Remind any of the above healthcare professionals if you are about to start any new medicine as well.
Things you should not do	<ul style="list-style-type: none">• Do not crush, chew, or suck the tablet.• Do not use K-Citra 10[®] to treat any other complaint or condition other than directed by your doctor or pharmacist.• Do not give K-Citra 10[®] to someone else, even if their symptoms are the same. It may not be safe for another person to take K-Citra 10[®].
Looking after your medicine	<ul style="list-style-type: none">• Store below 30°C.• Do not use if the seal around the cap is broken or missing.

For more information, see Section [5. What should I know while using K-Citra 10[®]?](#) in the full CMI.

6. Are there any side effects?

The most common side effects when using K-Citra 10[®] are abdominal discomfort, flatulence, nausea, vomiting, diarrhea, and loose bowel movements. Other more severe side effects include high potassium levels in the blood (hyperkalaemia), obstruction of the esophagus and gastro-intestinal tract, bleeding of gastro-intestinal (peptic) ulcers. These severe side effects require immediate medical attention.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

K-Citra 10[®]

Active ingredient(s): *potassium citrate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using K-Citra 10[®]. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using K-Citra 10[®].**

Where to find information in this leaflet:

- [1. Why am I using K-Citra 10[®]?](#)
- [2. What should I know before I use K-Citra 10[®]?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use K-Citra 10[®]?](#)
- [5. What should I know while using K-Citra 10[®]?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using K-Citra 10[®]?

K-Citra 10[®] contains the active ingredient **potassium citrate**. K-Citra 10[®] is classified as a urinary alkaliser, a group of products that assist with the reduction of acidity in the urine.

K-Citra 10[®] is used to maintain kidney health and to support general health and wellbeing.

2. What should I know before I use K-Citra 10[®]?

Warnings

Do not use K-Citra 10[®] if:

- you are allergic to potassium citrate or any of the ingredients listed at the end of this leaflet.
- always check the ingredients to make sure you can use this medicine.
- you are taking potassium-sparing agents such as triamterene, spironolactone or amiloride.
- the seal around the cap is broken or missing.
- it has expired, return it to your pharmacist for disposal.

Check with your doctor or pharmacist if you:

- have any other medical conditions including chronic renal failure, or any other condition which impairs potassium excretion such as severe myocardial damage or heart failure.
- take any medicines for any other condition.
- planning to start a strenuous physical exercise routine.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

If you become pregnant whilst taking K-Citra 10[®], you should stop taking the tablets and see your doctor immediately.

Women taking K-Citra 10[®] tablets and who are at risk of becoming pregnant should make sure they are using adequate contraceptive measures.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

Hyperkalaemia

- If you have excessive potassium in the blood (hyperkalaemia), or any condition predisposing to hyperkalaemia such as uncontrolled diabetes mellitus, acute dehydration, chronic renal failure or an adynamia episodica hereditaria, avoid taking K-Citra 10[®].

Peptic ulcer disease

- Do not use K-Citra 10[®] if you have an active peptic ulcer, because potassium citrate consists of ulcerogenic potential.

Renal insufficiency

- K-Citra 10[®] should be avoided due to the danger of soft tissue calcification and increased risk for development of hyperkalaemia.

Active urinary tract infection

- K-Citra 10[®] should not be taken while experiencing this condition, due to the ability of potassium citrate to increase urinary citrate that may cause a rise in urinary pH and promote further bacterial growth.

Gastro-intestinal tract obstruction

- Avoid the use of K-Citra 10[®] if you suffer from delayed gastric emptying, dysphagia, esophageal compression (e.g., enlarged left atrium), intestinal obstruction or strictures since this may cause an arrest or delay in the tablet passage.

3. What if I am taking other medicines?

- Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins, or supplements that you buy without a prescription from your pharmacy, supermarket, or health food shop.
- Inform your doctor if you are using any potassium-sparing diuretics, such as triamterene, spironolactone or amiloride. Using both K-Citra 10[®] and potassium-sparing diuretics may increase the risk of developing hyperkalaemia.
- Also avoid taking any other digitalis preparation along with K-Citra 10[®].

Do not exceed the recommended dosage

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect K-Citra 10[®].

4. How do I use K-Citra 10[®]?

How much to take / use

- Take 6-10 tablets daily in divided doses, or as directed by your healthcare practitioner.
- Take K-Citra 10[®] with a meal.
- Do not exceed the recommended dosage.

When to take / use K-Citra 10[®]

- Take K-Citra 10[®] at the same time each day.
- K-Citra 10[®] should be used in conjunction with a diet that limit salt intake and encourage high fluid intake of at least two liters of fluid daily.
- Consult with you doctor or pharmacist if you wish to stop taking K-Citra 10[®].

If you forget to take K-Citra 10[®]

- Do not double up on a dose of K-Citra 10[®] to make up for a missed dose, rather leave the dose completely and take your next dose the same time as usual when due.

If you use too much K-Citra 10[®]

If you think that you have used too much K-Citra 10[®], you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using K-Citra 10[®]?

Things you should do

- Remind any doctor, dentist or pharmacist visit that you are using K-Citra 10[®].
- Also inform them if any new medicines are about to be started.

Things you should not do

- Do not use K-Citra 10[®] for any other complaint or condition other than directed by your doctor or pharmacist.
- It is not safe to share your medication with another person presenting with similar symptoms.

Hyperkalaemia

- In patients with impaired mechanisms for excreting potassium citrate, administration can result in hyperkalaemia and cardiac arrest. Ensure you consult with your doctor for regular blood tests for your potassium levels.

Gastro-intestinal bleeding

- Consult with your doctor if you experience tarry, black, or bleeding stools.

Looking after your medicine

- Store below 30°C.
- Do not use if the seal around the cap is broken or missing.

Follow the instructions on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat, or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on windowsills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Common side effects

Less serious side effects	What to do
Gastrointestinal: <ul style="list-style-type: none">• Abdominal discomfort• Flatulence• Nausea• Vomiting• Diarrhea• Loose bowel movements	Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you. Symptoms due to the irritation of the gastrointestinal tract may be alleviated by taking the dose with a meal or snacks, or by reducing the dosage.

Serious side effects

Serious side effects	What to do
Cardiac arrest <ul style="list-style-type: none">• Hyperkalaemia may cause a rise in serum potassium concentration that may produce cardiac arrest. Gastrointestinal tract: <ul style="list-style-type: none">• Esophageal and gastrointestinal obstruction.• Bleeding ulcerations	Call your doctor straight away or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over the counter without a doctor's prescription.

What K-Citra 10[®] contains

Active ingredient (main ingredient)	Potassium citrate 1080 mg (Equivalent to potassium 629.4 mg and citrate 390.6 mg)
Other ingredients (inactive ingredients)	Stearic acid Hypromellose Povidone Silicon dioxide Hydroxypropyl starch Microcrystalline cellulose Isopropyl alcohol

Do not take this medicine if you are allergic to any of these ingredients.

What K-Citra 10[®] looks like

K-Citra 10[®] is white, coated, modified release tablets. (Aust L 380394)

Who distributes K-Citra 10[®]

ORSPEC PHARMA PTY LTD

4/6 Carnarvon Road,

West Gosford NSW 2250

Phone: 0243394239

Email: customerservice@orspecpharma.com

www.orspecpharma.com

This leaflet was prepared in December 2021.