



Information for the user

Rehydration Treatment

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a doctor if your symptoms worsen or do not improve after 24 to 48 hours

What this medicine is for

This medicine contains Glucose and various salts which belong to a group of medicines called oral electrolytes which act to replace lost fluids and salts.

It can be used to relieve short term (acute) diarrhoea and replace lost salts and fluids, in order to prevent dehydration.

Before you take this medicine

This medicine can be taken by adults and children over 1 year old. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

Children under 1 year of age should not be given this medicine unless advised to do so by a doctor. If a young child (particularly one under 6 months of age) has diarrhoea and/or sickness advice should be sought from a pharmacist, doctor or other healthcare professional. If the diarrhoea and/or sickness is severe the child should be seen by a doctor as soon as possible.

X Do not take:

- If you are **allergic** to any of the ingredients
- If you are **severely dehydrated**
- If you have a **partial or full blockage (obstruction) of the bowel**
- If you have **phenylketonuria** (this medicine contains aspartame, a source of phenylalanine)

! Talk to your pharmacist or doctor:

- If you have liver problems
- If you have kidney problems, including producing little or no urine
- If you have severe and persistent diarrhoea and sickness
- If you are unable to drink fluids, or are unable to keep fluids down
- If you have diabetes
- If you have an intolerance to some sugars

You can take this medicine if you are pregnant and breastfeeding.

Other important information

Infants over 1 year of age with severe diarrhoea and/or sickness can be given this medicine but should be seen by a doctor as soon as possible.

If symptoms persist for more than 24 to 48 hours, you should talk to your doctor or pharmacist as other treatment may be needed. Severe and persistent diarrhoea and/or sickness should be treated under medical supervision.

Information about some of the ingredients in this medicine:

This sachet contains 10 mg aspartame (E951) 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.

If you take other medicines

This medicine is not expected to affect any other medicines that you may be taking. If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the sachet is not broken before use. If it is, do not take the sachet.

To prepare the medicine

1. Mix the contents of each sachet with 200 ml (seven fluid ounces) of fresh drinking water. For infants use only freshly boiled and cooled water at all times.
2. For adults when fresh drinking water is not available use freshly boiled and cooled water.
3. Prepare the sachet only as needed and drink within one hour once made up. If required the refrigerated solution may be kept for 24 hours.
4. Only use water to make up the contents of the sachet. Make sure you use the right amount of water (i.e. 200 ml for one sachet, 400 ml for two sachets). This is to make sure the salt and water can be absorbed into the body correctly.

Drink the solution.

Age	How many	How often to take them
Adults, the elderly and children over 12 years	1 or 2 sachets dissolved in water	After each loose bowel movement
Children 1 to 12 years	1 sachet dissolved in water	After each loose bowel movement

Infants under 1 year: Do not give this medicine unless a doctor tells you to. Follow your doctor's instructions and ask your pharmacist if you need more information. If needed stop all solid and liquid feeds. Over the first 24 hours give one to one and a half times the normal feed volume that your baby takes at each feed.

Breastfed infants: Give this medicine at normal feed times only. Then breastfeed until the infant is no longer hungry.

Bottle fed infants: Stop all feeds. Give this medicine at normal feed times only.

As diarrhoea improves re-introduce normal diet.

Do not take or give more than the amount recommended above.

Do not take this medicine for more than 24 to 48 hours.

If your diarrhoea does not go away within 24 to 48 hours talk to your doctor.

If you take too many sachets: Talk to your pharmacist or doctor.

Possible side effects

This medicine is not expected to cause side effects. If you notice any side effects talk to your pharmacist or doctor.

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 the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more

information on the safety of this medicine.

How to store this medicine

Store below 25°C. Store in a dry place.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

Each sachet contains Citric Acid Anhydrous 0.128 g, Glucose Monohydrate 3.58 g, Potassium Chloride 0.3 g, Sodium Chloride 0.47 g, Sodium Citrate Dihydrate 0.39 g which are the active ingredients.

As well as the active ingredients the sachets also contain aspartame (E951, a source of phenylalanine), colloidal silicon dioxide, blackcurrant flavourings.

The pack contains 6, 10 or 12 sachets containing granules.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation Holder Wrafton Laboratories Limited Braunton Devon EX33 2DL

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

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