

UPHALYTE ORAL REHYDRATION SALTS

Sodium chloride/Sodium Bicarbonate/Potassium chloride/Glucose anhydrous (525mg/425mg/375mg/6.25mg)

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What Uphalyte is used for

Uphalyte is used for replacement of water and electrolyte loss associated with diarrhoea and vomiting.

How Uphalyte works

Uphalyte contains Sodium chloride, Sodium bicarbonate, Potassium chloride and Glucose anhydrous. Absorption of these electrolyte and water will help replenish the loss.

Ask your doctor if you have any questions about why this medicine has been prescribed for you. Your doctor may have prescribed it for another reason.

Before you use Uphalyte

- When you must not take it
Do not take this medicine if you have an allergy to the ingredients listed at the end of this leaflet.

The use of oral rehydration should not be used except under special circumstances:

- No or little urine output, severe dehydration with symptoms of shock (some of the examples are rapid heartbeat, quick and shallow breathing and low blood pressure), severe diarrhoea,

inability to drink, severe and sustained vomiting.

- glucose absorption disorder
- bowel or intestinal obstruction, perforation or delayed movement

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

- Before you start to use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you are pregnant. Continued breast-feeding during the treatment and maintenance phases of oral rehydration therapy is vital for the management of diarrhoea. Infant may be given a separate feeding of plain water after every 2 doses of Uphalyte solution.

Uphalyte should be used with care in people with impaired kidney functions, high blood pressure, diabetes or heart problems.

- Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Up to date, there is no reported interaction.

How to use Uphalyte

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions, ask your doctor or pharmacist for help.

- How much to use

Add 250ml of boiled, cooled water to the contents of one sachet of Uphalyte. Stir or shake well for 2 to 3 minutes to dissolve completely to make one serving.

Adults and children over 12 years old:

4 sachets in the 1st 2 hours

Maximum: 12 sachets in 24 hours

Children (2 to 12 years old):

3 sachets in the 1st 2 hours

Maximum: 6 sachets in 24 hours

Children (up to 2 years of age old):

1 sachet in the 1st 2 hours

Maximum: 1.5 sachets in 24 hours

- When to use it

Infants and children should be given after every loose motion.

- How long to use it

Continue taking your medicine for as long as your doctor tells you.

- If you forget to use it

Do not take a double dose to make up for the dose that you missed.

If you have trouble remembering to take your

medicine, ask your pharmacist for some tips.

If you use too much (overdose)

Immediately telephone your doctor for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Uphalyte.

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

If puffy eyelids are observed, this is a symptom of over-hydration and therapy may need to be discontinued temporarily.

While you are using it

- **Things you must do**

The solution should be prepared fresh daily.

- Drink water between doses of rehydration solution.

Check with your medical practitioner if diarrhoea does not improve in 1-2 days or becomes worse during treatment with oral rehydration, or if signs of severe dehydration occur.

Eat soft foods such as cereals, bananas, cooked peas, beans and potatoes to maintain nutrition.

If nausea or vomiting are present, in infants and young children, drink the solution slowly in sips at shorter intervals to reduce vomiting and improve absorption.

- **Things you must not do**

Do not boil the solution or add extra salt or sugar.

Do not use if content is wet.

Do not take Uphalyte to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

- **Things to be careful of**

Be careful driving or operating machinery until you know how Uphalyte affects you.

Only mix with freshly boiled and cooled water. Do not mix with fizzy drinks, juice or milk.

Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Mild vomiting may occur when oral therapy has begun, but therapy should be continued with frequent, small amounts of solution administered slowly.

Rarely, symptoms of high blood sodium level (dizziness, fast heartbeat, high blood pressure, irritability, muscle twitching, restlessness, seizures, swelling of feet or lower legs or weakness) may be experienced.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Monitoring by calling Tel: 03-78835490, or visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Uphalyte

- **Storage**

Keep your medicine in the original container. If you take it out of its original container it may not be kept well.

Keep your medicine in a dry place where the temperature stays below 30°C. Protect from light.

Do not store Uphalyte or any other medicine in the bathroom or near a sink.

Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

- **Disposal**

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product Description

- **What it looks like**

Uphalyte Salts:

White powder, when dissolved in water forms a natural flavour, clear solution.

Uphalyte Oral Rehydration Salts (Orange):

White to off white colour granules, when dissolved in water, forms an orange flavour and orange colour solution.

- **Ingredients**

- Active ingredient

- Sodium chloride
- Sodium bicarbonate
- Potassium chloride
- Glucose anhydrous

- Inactive ingredients:

Uphalyte Salts

- Aerosil 200
- PEG 4000

Uphalyte Oral Rehydration
Salts (Orange)

- Aerosil 200
- PEG 4000
- Orange Flavour
- FD & C Yellow #6

- MAL number

Uphalyte Salts

MAL19912631XZ

Uphalyte Oral Rehydration
Salts (Orange)

MAL20001062XZ

Manufacturer

Duopharma Manufacturing
(Bangi) Sdn. Bhd.

Lot No. 2 & 4,

Jalan P/7, Section 13,

Bangi Industrial Estate,

43650 Bandar Baru Bangi,

Selangor, Malaysia.

Product Registration Holder

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