

URAL® EFFERVESCENT GRANULES

Sodium bicarbonate/ Sodium citrate/ Citric acid/ Tartaric acid (1.76g/ 0.63g/ 0.72g/ 0.89g)

What is in this leaflet

1. What Ural® is used for
2. How Ural® works
3. Before you use Ural®
4. How to use Ural®
5. While you are using it
6. Side effects
7. Storage and disposal of Ural®
8. Product description
9. Manufacturer and product registration holder
10. Date of revision

What Ural® is used for

Ural® is used to relieve discomfort in

- urinary tract infection (UTI)
- painful urination

It is also used to prevent the formation of kidney stones in gout therapy.

How Ural® works

Ural® works as urinary alkaliser raising pH level of urine promoting dissolution of uric acid stones and providing relief of hyperacidity symptoms.

Before you use Ural®

- When you must not use it

- If you are allergic to any of the ingredients listed at the end of this leaflet
- If you have heart and kidney problems
- If you are using any other urinary alkaliser or on quinolone antibiotics

Do not use Ural® if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Ural®.

- Before you start to use it

Discuss with your doctor or pharmacist before taking your medicine if:

- you have a heart or kidney problem
- you are taking quinolone antibiotics

- Taking other medicines

It is particularly important to tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This also concerns medicines obtained without a prescription including herbal medicines. Tell your doctor or pharmacist if you are taking any of the following medicines:

- other urinary alkaliser
- Chlorpropamide (used in type 2 diabetes treatment)
- Lithium (used in depression treatment)
- Salicylate (used as painkiller)
- Amphetamine (used in depression treatment)
- Antacids
- Tetracycline or Quinolones (a type of antibiotics)
- Laxatives

If any of the above apply to you (or you are not sure), discuss to your doctor or pharmacist

How to use Ural®

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

The usual dose is 4-8g (1 to 2 sachets) dissolved in cold water four times daily

- When to use it

Use as directed by your doctor or pharmacist and always take it at the same time of the day.

- How long to use it

Continue taking Ural® for as long as your doctor or pharmacist recommends.

- If you forget to use it

Do not take a double dose to make up for the forgotten tablet. Take the next tablet at your regular time on the next day. If you are worried about this, talk to your doctor or pharmacist.

- If you use too much (overdose)

If you take more Ural® than you should, stop taking Ural® and talk to a doctor or pharmacist.

While you are using it

- Things you must do

Take your medicine exactly as your doctor has told you.

- Things you must not do

Pregnancy and breast feeding
There are no known effects of Ural® on pregnant and breast-feeding women. Your doctor will decide whether you are suitable for Ural®.

URAL® EFFERVESCENT GRANULES

Sodium bicarbonate/ Sodium citrate/ Citric acid/ Tartaric acid (1.76g/ 0.63g/ 0.72g/ 0.89g)

- Things to be careful of

Ural® contains 644mg sodium. If you have high blood pressure talk to your doctor before taking this medicine.

Side effects

Like all medicines, Ural® can cause side effects, although not everybody gets them.

Very Common (affects more than 1 in 10 people)
Diarrhoea

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

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

Storage and Disposal of Ural®

- Storage

Keep this medicine out of the sight and reach of children. Do not use Ural® after the expiry date which is stated on the carton and the sachet after EXP. The expiry date refers to the last day of that month.
Store below 30°C

- Disposal

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.

Product Description

- What it looks like

Each Ural® sachet contains 4g of white effervescent granules powder which dissolved in cold water to give clear colourless liquid.

Ural® is available in box of 12, 28 sachets. Not all pack sizes may be marketed.

- Ingredients

- Active ingredient(s)
Sodium bicarbonate, Sodium citrate, Citric acid, Tartaric acid

- Inactive ingredients
Saccharin sodium, and natural identical lemon flavor

- MAL number:

Ural® Effervescent Granules:
MAL05072037XCR

Manufacturer

Aspen Pharma Pty Ltd
286-302, Frankston-Dandenong Rd,
Dandenong South Victoria 3175
Australia

Product Registration Holder

Abbott Laboratories (M) Sdn. Bhd.
27-02, Level 27, Imazium, 8 Jalan
SS21/37,
Damansara Uptown,
47400 Petaling Jaya, Selangor,
Malaysia

Date of revision

- 05/04/2022

Serial Number

NPRA(R2/2)220406/864