UTINOL EFFERVESCENT GRANULES

Sodium Citrate/Citric Acid/Tartaric Acid/Sodium Bicarbonate (0.63g/0.72g/0.89g/1.76g)

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What Utinol is used for

It is used to relieve discomfort caused by mild urinary tract infections (UTI), in which provides symptomatic relief of dysuria. It may enhance the action of certain antibiotics especially sulphonamide. It helps to prevent crystallization of uric acid (urates) in gout therapy and promoting dissolution of uric acid stones (kidney stones). Also, it can be used for relieving symptoms associated with gastric hyperacidity.

How Utinol works

Utinol contains Sodium Bicarbonate and Sodium Citrate which act as alkalinizing agent that increases the excretion of free bicarbonate ions in the urine, and thus raises the urinary pH.

Before you use Utinol

- *When you must not use it*

Do not use Utinol if you have:

- Severe kidney impairment or kidney failure.
- Hypernatremia (elevation of sodium levels in blood)
- Been taking hexamine mandelate or hexamine hippurate therapy
- Been taking quinolone antibiotics
- Metabolic alkalosis (body loses too much acid)
- Respiratory alkalosis (carbon dioxide level drop too low in the blood)
- Hypocalcaemia (low calcium levels in blood)
- Hypochlorhydria (low hydrochloric acid secretion in stomach)
- Addison's disease (adrenal glands disorder)
- Acute dehydration (sudden loss huge amount of water such as vomiting and diarrhea)
- Heat cramps (cramping at the abdomen, arms and leg due to dehydration)
- Overt and occult cardiac failure (unknown source of heart disease with no symptoms shown)
- Severe myocardial damage (damage to heart muscle)

- *Before you start to use it*

Tell your doctor or pharmacist before using Utinol if you are:

- On a sodium restricted diet.
- Pregnant or breast-feeding.
- Taking other medications including herbs and supplements.

Pregnancy and lactation

Use in pregnancy and during lactation should be considered only when the possible benefits outweigh the potential risks.

- *Taking other medicines*

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes any medicines which you have bought without a prescription.

How to use Utinol

- *How much to use*

Dissolve 1-2 sachets in a glass (200ml) of water. Four times daily or as prescribed.

- *When to use it*

Should be taken with food. Dissolve in cold water before taking. Ensure adequate fluid intake.
Follow the prescription from your doctor or pharmacist.

- *How long to use it*

Your doctor will adjust the doses according to your needs. Always follow the recommendation from your doctor.

- *If you forget to use it*

In case you miss a dose, do not double the dose the next time you take it. Double the dose may lead to overdose.

- *If you use too much (overdose)*

Overdose may lead to hypokalaemia (low level of potassium in blood) and metabolic alkalosis, especially in patients with impaired kidney function. Symptoms include mood changes, tiredness, slow breathing, muscle weakness, and irregular heart-beat. Muscle hypertonicity (tight muscle), twitching (muscle contraction), and tetany (continuous muscle contraction) may develop, especially in hypocalcaemic patients.
Treatment of metabolic alkalosis associated with bicarbonate overdose consists mainly of appropriate correction of fluid and electrolyte balance. Replacement of calcium, chloride, and potassium ions may be of particular importance. Please seek advices from your pharmacist or doctors.

While you are using Utinol

- *Things you must do*

- Take the Utinol at the same time each day
- Dissolve in cold water
- Ensure adequate fluid intake

- *Things you must not do*

- Do not double the dose.
- Do not take any new medicines without consulting your doctor.
- Do not give Utinol to children before consulting your doctor or pharmacist, even if they have the same symptoms or condition as you.

- *Things to be careful of*

If you experience any symptoms such as mood changes, tiredness, slow breathing, muscle weakness, and irregular heart-beat, muscle hypertonicity, twitching, and tetany, please consult your doctor or pharmacist immediately.

Side effects

- Stomach cramps
- Flatulence
- Mild laxative effect
- Systemic Alkalosis
- Hypernatremia

Visit your doctor or pharmacist immediately if you experience any side effects after using this medicine.

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 Utinol

- *Storage*
  Store in a cool place, below 30ºC.
  Protect from moisture.
  Keep out of reach of the children.
  Do not use this medicine after expiry date.

- *Disposal*
  Medicines should not be disposed of via wastewater or household waste.
  Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

- *What it looks like*
  Utinol is white effervescent granules with lemon lime flavor, produce clear to slightly cloudy solution when dissolved in water. Sugar free and artificial sweetener free.
  This product is available in pack size of 12 sachets. Each sachet containing 4g of effervescent granules.

- *Ingredients*
  - Active ingredient(s)
    Sodium Bicarbonate, Sodium Citrate, Citric Acid and Tartaric Acid.

  - Inactive ingredients
    Lemon lime flavour

- *MAL number:*
  MAL24116011XC

Manufacturer
Unison Nutraceuticals Sdn. Bhd. No. 13,
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