钙片Sandoz 500毫克，片剂
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钙

请仔细阅读此说明书，因为它包含重要的信息
此药物无需处方，但您仍然需要仔细使用钙片Sandoz
以获得最佳效果。
- 保存此说明书。您可能需要再次阅读。
- 询问药剂师，如果您需要更多信息或建议。
- 如果任何副作用变得严重，或者您注意到任何未在本说明书列出的副作用，请告诉您的医生或药剂师。

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1. 什么是钙片Sandoz以及它用于什么
钙片Sandoz包含一种丰富的钙源，它是人体骨骼形成和维护所必需的矿物。
钙片Sandoz用于预防和治疗钙缺乏，也可以与其他药物一起用于预防和治疗一种称为骨质疏松症（骨骼变质）的状况。
钙片Sandoz还用于与维生素D3一起治疗佝偻病（儿童骨骼软化）和骨软化症（成人骨骼软化）。
钙在肠道中被吸收，并在体内血液中分布。钙在多种身体功能中起着重要作用。它是神经、肌肉和心脏功能以及血液凝固所必需的。此外，它对于许多激素在体内正常工作也必须存在适当的浓度。

2. 在您服用钙片Sandoz之前
不要服用钙片Sandoz…
• If you are allergic to calcium and any of the other ingredients of Calcium Sandoz (see the list of ingredients in section 6 at the end of the leaflet).

• If you are suffering from raised levels of blood calcium (hypercalcaemia);

• If you are suffering from increased calcium in your urine (hypercalciuria);

• If you are suffering from certain kidney problems including: kidney stones (nephrolithiasis) and calcium deposits in your kidney tissue (nephrocalcinosis).

Take special care …

• If you suffer from a kidney disease, only take Calcium Sandoz after consulting your doctor, and especially if you are taking preparations containing aluminium.

• Do not take vitamin D products together with Calcium Sandoz without medical advice.

Taking other medicines

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a medical prescription because calcium can interact with certain other medicines if taken at the same time.

• If you are taking, or have recently taken, cardiac glycosides, thiazide diuretics, or corticosteroids, you must follow your doctors instructions carefully.

• If you are taking oral bisphosphonates or sodium fluoride, take Calcium Sandoz at least 3 hours after these medicines.

• If you are taking one of a group of antibiotics called tetracyclines, take Calcium Sandoz at least 2 hours after or 4-6 hours before the tetracycline.

Taking Calcium Sandoz with food and drink

• Calcium Sandoz should not be taken within 2 hours of eating foods high in oxalic or phytic acid such as spinach, rhubarb and whole cereals.

Pregnancy or breast-feeding

• Ask your doctor or pharmacist before taking Calcium Sandoz if you are pregnant or breast-feeding.

• Calcium Sandoz can be used during pregnancy and breast-feeding in case of a calcium deficiency. In general, the adequate daily intake (including food and supplementation) for pregnant and breast-feeding women is 1000 – 1300 mg calcium. The total daily intake of calcium during pregnancy and breast-feeding should not exceed 1500 mg.

• Calcium passes into breast-milk but has no negative effect on the baby.
Driving and using machines

- There is no known effect on the ability to drive or operate machines caused by taking Calcium Sandoz.

Important information about some of the ingredients of Calcium Sandoz

- Calcium Sandoz is suitable for diabetics (1 effervescent tablet of 500 mg or 1000 mg contains 0.002 Carbohydrate Units).
- Patients on a controlled sodium diet should seek advice from health professionals prior to taking Calcium Sandoz. Calcium Sandoz 500 mg contains 68.45 mg of sodium per tablet and Calcium Sandoz 1000 mg contains 136.90 mg of sodium per tablet.
- If you think you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- Calcium Sandoz contains aspartame, a source of phenylalanine, and may be harmful for people with phenylketonuria.

3. HOW TO TAKE CALCIUM SANDOZ

As with all medicinal products, please follow all of the instructions carefully to ensure that Calcium Sandoz works properly.

- For Calcium Sandoz 500 mg:
  - Children take one effervescent tablet (one single dose) **once or twice** a day (equivalent to 500-1000 mg of calcium).
  - Adults take one effervescent tablet (one single dose) **once, twice or three times** a day (equivalent to 500-1500 mg of calcium).
- For Calcium Sandoz 1000 mg:
  - Children and adults take one effervescent tablet (one single dose) **once** per day.

Dissolve Calcium Sandoz in a glass of water (approximately 200 ml) and drink immediately. Do not swallow or chew the tablet.

Calcium Sandoz can be taken with or without food (see the section “Taking Calcium Sandoz with food and drink” for further advice)

How long should you take Calcium Sandoz

Take Calcium Sandoz at the recommended daily dose for as long as you are advised by your doctor. As Calcium Sandoz is used in the prevention and treatment of calcium deficiency and, taken with other medicines, in the prevention and treatment of a condition called osteoporosis (weakening of the bones), it is likely this will be a long term treatment.
If you take more Calcium Sandoz than you should

Overdose of Calcium Sandoz may lead to symptoms such as nausea, vomiting, thirst or constipation. If overdose is suspected, contact your doctor or pharmacist immediately.

If you forget to take Calcium Sandoz

Do not take a double dose to make up for a forgotten dose.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Calcium Sandoz can cause side effects although not everybody gets them.

- **Very rare side effects** *(occur in less than 1 in 10,000 people)* include:
  - severe allergic reactions such as swelling of the face, lips, tongue and/or throat, which may cause difficulty in swallowing.

  If you experience any of the above listed allergic reactions, STOP taking Calcium Sandoz and tell your doctor immediately.

- **Rare side effects** *(occur in less than 1 person out of 1,000)* include:
  - nausea, diarrhoea, abdominal pain, constipation, flatulence, vomiting, itching, redness and/or burning of the skin.

- **Uncommon side effects** *(occur in less than 1 person out of 100)* may include:
  - excessive calcium level in the blood (hypercalcaemia) or excessive excretion of calcium in the urine (hypercalciuria).

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

**Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via the national reporting system listed in Appendix V. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE CALCIUM SANDOZ

- Keep out of the reach and sight of children

- **Expiry date:**
  Do not take Calcium Sandoz after the expiry date stated on the box and on the tube after “EXP”. The expiry date refers to the last day of that month.

- **Storage conditions:**
  Store in the original package and keep the tube tightly closed.
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.

6. **FURTHER INFORMATION**

**What Calcium Sandoz contains**

The active substances are calcium lactate gluconate and calcium carbonate.

- Each tablet of 500 mg contains 1132 mg of calcium lactate gluconate and 875 mg of calcium carbonate (*equivalent to 500 mg of calcium*)
- Each tablet of 1000 mg contains 2263 mg of calcium lactate gluconate and 1750 mg of calcium carbonate (*equivalent to 1000 mg of calcium*)

The other ingredients are: citric acid anhydrous, orange flavouring (contains: orange essential oils, maltodextrin, arabic gum, sorbitol (E 420), dextrose), aspartame (E 951), macrogol 6000 and sodium hydrogen carbonate.

**What Calcium Sandoz looks like and contents of the pack**

The effervescent tablet is white and circular with a characteristic orange odour.

Calcium Sandoz 500 mg is available in packs of *[country specific]* effervescent tablets.
Calcium Sandoz 1000 mg is available in packs of *[country specific]* effervescent tablets.
Not all pack sizes may be marketed

**This medicinal product is authorized in the Member States of the EEA under the following names:**

- For 500 mg effervescent tablets:
  - Austria: Calcium Sandoz 500 mg - Brausetabletten
  - Belgium: Sandoz Calcium, bruistabletten
  - Cyprus: Calsource 500mg Effervescent Tablets
  - Czech Republic: CALCIUM-SANDOZ® FORTE 500mg
  - Denmark: Calcium-Sandoz, brusetabletter
  - France: CALCIUM SANDOZ 500mg, comprimés effervescents
  - Hungary: Calcium-Sandoz 500 mg pezsgőtabletta
  - Iceland: Calcium-Sandoz, freyðitöflur
  - Italy: CALCIUM-SANDOZ 500mg compresse effervescenti
  - Norway: Calcium-Sandoz® 500mg brusetabletter
  - Poland: CALCIUM-SANDOZ® Forte
  - Portugal: CALCIUM-SANDOZ® FORTE
  - Slovakia: CALCIUM-SANDOZ® Forte 500 mg
  - Slovenia: Calcium Calvive 500 mg šumeče tablete
  - Spain: CalciumOsteo 500 mg comprimidos efervescentes
  - Sweden: Calcium-Sandoz 500 mg, brustabletter
• For 1000 mg effervescent tablets:

  Finland: Mega-Calcium 1g poretabletti
  Greece: Calsource
  Ireland: Sandocal 1000
  Italy: CALCIUM-SANDOZ 1000mg compresse effervescenti
  Slovakia: CALCIUM-SANDOZ® FF 1000mg
  Sweden: Calcium-Sandoz 1000 mg, brustabletter
  UK: Calvive

Marketing authorisation holder / manufacturer
To be completed nationally

This leaflet was last approved in April 2019