

FERROGRAD C 325 mg/500 mg PROLONGED-RELEASE TABLETS

Dried Ferrous Sulphate/Vitamin C

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- This medicine is available without prescription. However, you still need to take Ferrograd C Tablets 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 4 weeks.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

What is in this leaflet:

1. What Ferrograd C Tablets are and what they are used for
2. Before you take Ferrograd C Tablets
3. How to take Ferrograd C Tablets
4. Possible side effects
5. How to store Ferrograd C Tablets
6. Further information

1. WHAT FERROGRAD C TABLETS ARE AND WHAT THEY ARE USED FOR

The name of your tablets is Ferrograd C Prolonged-Release Tablets. Ferrograd C are prolonged release, film coated tablets. The active ingredients in Ferrograd C are: Dried Ferrous Sulphate and Vitamin C (Ascorbic Acid), as sodium ascorbate.

Ferrograd C is a combined iron and vitamin C supplement. Its use is described below.

What is Ferrograd C used for?

Ferrograd C is an iron supplement used to prevent and treat iron-deficiency anaemia and vitamin C deficiency when the two are present together. Ferrograd C should only be used for the prevention and treatment of iron-deficiency anaemia diagnosed by laboratory testing under the supervision of a medical doctor. Ferrograd C should only be taken by pregnant women after the first 13 weeks of pregnancy. The added vitamin C helps the body to absorb the iron. A controlled-release system in the tablet allows release of the iron over several hours and reduces the likelihood of stomach irritation. The controlled-release system consists of a harmless plastic honeycomb with thousands of narrow passages containing iron. As the tablet passes through the stomach and gut the iron is released and the empty honeycomb is passed out in the stools.

2. BEFORE YOU TAKE FERROGRAD C TABLETS

Do not take FERROGRAD C Tablets

- If you are allergic to Ferrous Sulphate, Vitamin C (Ascorbic Acid) or any of the other ingredients of this medicine (See Section 6)
- If you are under 12 years of age
- If you have been told that you have an intestinal blockage or diverticular disease of the intestine or if you are already taking medicines containing iron.
- If you have problems dealing with iron (haemochromatosis, haemosiderosis, iron overload syndromes).

Take special care with FERROGRAD C Tablets

Before taking Ferrograd C consult your doctor

- If you are diabetic as Ferrograd C may stop your urine sugar test sticks from working properly.
- If you have a family history of problems dealing with iron (haemochromatosis, haemosiderosis, iron overload syndromes).

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

If you are taking any of the following medicines please contact your doctor before taking Ferrograd C;

- Antibiotics for infections such as tetracycline antibiotics
- Indigestion remedies such as antacids and preparations of calcium, zinc and phosphorous
- Quinolone anti-infective agents such as ciprofloxacin, norfloxacin and ofloxacin
- Levothyroxine as a thyroid hormone medication
- Methyldopa for high blood pressure
- Levodopa for Parkinson's disease
- Penicillamine for arthritis
- Ascorbic or citric acids as these increase absorption of iron

If your doctor tells you that you can continue taking Ferrograd C with any of the above medications please allow 2 – 3 hours between taking Ferrograd C and the other medications (or 4 hours for the quinolone anti-infective agents)

The absorption of Ferrograd C may also be decreased when taken with tea, coffee, milk, eggs, wholegrain cereals and dietary fibre, therefore, Ferrograd C should be taken at least 1 hour before or 2 hours after ingestion of these products.

Pregnancy and Breast Feeding

Do not take Ferrograd C tablets during the first thirteen weeks of pregnancy.

After the first thirteen weeks of pregnancy consult your doctor before taking Ferrograd C as you may require a different iron supplement, containing also folic acid.

Ask your doctor or pharmacist for advice before taking any medicine if you intend breast feeding.

Driving and Using Machines

Ferrograd C has no influence on the ability to drive or use machinery.

Important information about some of the ingredients of FERROGRAD C Tablets

This product contains the colour Ponceau 4R red (E124), which may cause allergic reactions including asthma; allergy is more common in those people who are allergic to aspirin.

3. HOW TO TAKE FERROGRAD C TABLETS

Take one tablet a day on an empty stomach. Tablets should be swallowed whole.

Ferrograd C should not be given to children under 12 years old.

If your symptoms do not improve after 4 weeks of taking Ferrograd C, consult your doctor for further advice.

If you take more Ferrograd C Tablets than you should.

If you accidentally take more than one tablet in one day or if a child has taken the tablets, you should seek medical advice **urgently**.

If you forget to take Ferrograd C Tablets.

If you forget to take your tablet for one or more days, carry on taking one each day. Do not take more than one tablet a day.

4. POSSIBLE SIDE EFFECTS

Like all medicines Ferrograd C Tablets can cause side effects, although not everybody gets them.

You may experience some of the following effects:

- Your stools may turn black whilst taking Ferrograd C. If you have a test for the detection of blood in your stools, tell your doctor you are taking Ferrograd C as black stools may cause an incorrect result to the test
- Allergic reaction (itchy skin and in rare cases swelling of the face and oral mucosa and difficulty in breathing or fainting). If you develop any of these symptoms stop taking the tablets and contact your doctor
- Feeling sick
- Vomiting
- Stomach Pain
- Diarrhoea
- Constipation
- Isolated cases of injury to mouth and pharynx, oesophageal ulcer, haematemesis (blood in vomiting) and ileus (intestinal obstruction) have been reported.

The honeycomb part of the tablet may cause problems in the elderly or in people with constipation. Consult your doctor if you think this may be a problem for you.

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.

5. HOW TO STORE FERROGRAD C TABLETS

Keep out of the reach and sight of children as overdose may be fatal.

Do not use these tablets after their use-by (expiry) date, which is printed on the box and on the edge of the strip of tablets. The expiry date refers to the last day of that month. If the tablets are out of date, return them to your pharmacist and, if necessary, obtain some more tablets.

Do not store above 25°C. Store in the original package in order to protect from light.

IMPORTANT WARNING -contains iron.

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 FERROGRAD C Tablets contain

Each Ferrograd C tablet contains Dried Ferrous Sulphate 325 mg (equivalent to 105 mg elemental iron) as the active ingredient in a controlled release Gradumet form and Vitamin C 500 mg (Ascorbic Acid), as sodium ascorbate.

Other ingredients are: methylacrylate methylmethacrylate copolymer (1:1), magnesium stearate, povidone, Macrogol 400 & 8000, maize starch, purified talc, ethylcellulose, hypromellose, titanium dioxide (E171) and dye Red Ponceau 4R (E124) (See Section 2).

What Ferrograd C Tablets look like and the contents of the pack.

Ferrograd C is available in cartons of thirty tablets containing (3x10) tablets in an AL/PVC blister.
Appearance of tablets: Ovoid, biconvex, two layered red tablet.

Marketing Authorisation Holder's Name and Address

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Remember:

This leaflet provides a summary of the information available on your medicine. If you have any questions or are not sure about anything, ask your doctor or pharmacist.

This leaflet applies only to Ferrograd C tablets and was revised in September 2013.

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PACKAGE LEAFLET: INFORMATION FOR THE USER