

# URAMET tablets

*methenamine hippurate 1 g*

## CONSUMER MEDICINE INFORMATION

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### What is in this leaflet

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**Read this leaflet carefully before you start taking this medicine.**

This leaflet answers some common questions about URAMET tablets.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking URAMET tablets against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, talk to your doctor or pharmacist.**

**Keep this leaflet with your medicine.**

You may need to read it again.

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### What URAMET is used for

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Methenamine hippurate (formerly known as hexamine hippurate) is used to *suppress urinary bacteria associated with chronic or recurrent infection.*

Methenamine hippurate has antibacterial activity.

URAMET may be used for short or long term treatment.

**Ask your pharmacist or doctor if you have any questions about this medicine.**

Your pharmacist or doctor may have given it for another reason.

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### Before you take it

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**When you must not take it**

**Do not take URAMET if you have an allergy (hypersensitivity) to:**

- any medicine containing methenamine hippurate.
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin.

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

**Before you start to take it**

**Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.**

**Tell your pharmacist if you have, or have had, any medical conditions, especially the following:**

- liver problems
- kidney problems.

**Tell your pharmacist if you are pregnant or plan to become pregnant or are breast feeding.**

Your pharmacist will discuss the benefits and possible risks of taking the medicine during pregnancy or whilst breastfeeding.

Methenamine hippurate is found in breast milk in very small amounts

**If you have not told your doctor or pharmacist about any of the above, tell them before you start taking URAMET**

**Taking other medicines**

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

Some medicines may be affected by URAMET tablets, or may affect how well it works. These include:

- sulphur based drugs. This may include antibiotics and medicines used to treat build-up of fluids in the body, seizures or diabetes.
- medicines taken to alkalise the urine.

Your doctor or pharmacist will tell you whether URAMET is suitable for you.

**If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.**

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking URAMET

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### How to take it

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**Follow all directions on the bottle label or those given to you by your doctor or pharmacist carefully.**

**If you do not understand the instructions on the label or in this leaflet, ask your doctor or pharmacist for help.**

### **How much to take**

Adults & children over 12 years: 1 tablet twice daily

**Do not use this medicine in children under 12 years of age.**

### **How to take it**

Swallow the tablet with a full glass of water or other liquid, with or without food.

### **When to take it**

Take your medicine twice daily.

The maximum adult dose is 2 tablets per day.

### **If you forget to take it**

Take it as soon as you remember and then go back to taking it as before.

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

If you are not sure what to do, ask your doctor or pharmacist.

### **How long to take it**

Continue taking it for as long as the doctor tells you.

### **If you have taken too much (overdose)**

Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, if you think you or anyone else may have taken too much URAMET

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

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## **While you are taking it**

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### **Things you must do**

Before starting any new medicine, tell your doctor or pharmacist that you are taking URAMET

Talk to your pharmacist or doctor if your symptoms do not improve.

Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine

### **Things you must not do**

**Do not take URAMET to treat any other conditions unless your doctor or pharmacist tells you to.**

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

**Do not take more than the recommended dose unless your pharmacist or doctor tells you to.**

**Do not use this medicine in children under 12 years of age.**

### **Things to be careful of**

Some patients may have alkaline urine due to a vegetarian diet or an infection which may affect how URAMET works.

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## **Side effects**

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking URAMET**

This medicine helps most people with your condition, but it may have unwanted side effects in a few people. 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.

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

Tell your pharmacist or doctor if you notice any of the following and they worry you:

- nausea
- upset stomach
- painful urination
- rash
- inflammation of the mouth
- diarrhoea
- constipation
- abdominal pain

The above list includes the more common side effects of your medicine. They are usually mild.

**If any of the following happen, stop treatment and tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- rash, itching and hives on the skin
- sudden swelling of the face, lips, tongue and other parts of the body
- wheezing or difficulties breathing
- shortness of breath.

**Tell your pharmacist or doctor if you notice anything else that is making you feel unwell.**

Other side effects not listed above may also occur in some patients.

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## **Storage**

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**Keep your medicine in a cool dry place where the temperature stays below 30°C.**

Do not refrigerate or freeze.

**Keep your tablets in the packaging until it is time to take them.**

If you take them out of the bottle, they may not keep as well.

**Do not store URAMET or any other medicine in the bathroom or near a sink. Do not leave it in the car or on window sills.**

Heat and dampness can destroy some medicines.

### **Disposal**

**If your pharmacist or doctor tells you to stop taking URAMET, or your medicine has passed its expiry date, ask your pharmacist what to do with any that are left over.**

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## Product description

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### *What it looks like*

URAMET tablets (1 g) are white capsule shaped, uncoated tablets embossed 'MT' with a break line on one side and plain on the other side. Each amber glass bottle contains 100 tablets.

### *Ingredients*

#### **Active ingredient**

Each tablet contains 1 g methenamine hippurate.

#### **Other ingredients**

- povidone
- colloidal anhydrous silica
- magnesium stearate.

URAMET tablets are free from sugar, lactose, gluten, sodium and artificial colours.

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## Sponsor

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