

Information For the User  
Disodium Hydrogen Citrate (1.40gm)

# Alkaoli Syrup

**Disodium Hydrogen Citrate (1.40 gm/5 ml)  
Syrup: Product Information**

**Brand Name:** Disodium Hydrogen Citrate Syrup  
**Generic Name:** Disodium Hydrogen Citrate  
**Strength:** 1.40 gm per 5 ml  
**Dosage Form:** Oral Syrup

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**Indications:** Disodium Hydrogen Citrate Syrup is indicated for the management of **urinary tract infections (UTIs), urinary calculi (kidney stones),** and **metabolic acidosis**. It is commonly used to:

- **Relieve symptoms of urinary tract infections** such as burning sensation during urination and urinary discomfort.
  - **Prevent and manage urinary calculi (kidney stones)** by altering the urine pH to reduce crystal formation.
  - **Alkalize the urine** in conditions where acidification of the urine is undesirable or harmful.
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**Mechanism of Action:** Disodium Hydrogen Citrate is an **alkalizing agent**. It works by:

- **Increasing the pH of urine**, making it less acidic. This helps reduce irritation in the urinary tract, relieving symptoms such as burning during urination.
  - **Preventing the formation of uric acid crystals** in the urine, thus helping to prevent the formation of kidney stones.
  - **Reducing acidity** in conditions where acid build-up is present, such as metabolic acidosis.
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By alkalizing the urine, Disodium Hydrogen Citrate helps to relieve pain and discomfort and reduce the risk of stone formation.

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**Dosage and Administration:** The usual recommended dose of Disodium Hydrogen Citrate Syrup is:

- **Adults:** 1–2 teaspoons (5–10 ml), diluted in a glass of water, taken **2–3 times daily** or as directed by the healthcare provider.
- **Children:** Dose should be determined by a healthcare provider based on the child's weight and age.

**Administration Instructions:**

- Shake the bottle well before each use.
  - Always dilute the syrup in a glass of water before consuming it to avoid stomach irritation.
  - Follow dosing recommendations strictly and do not exceed the prescribed dose.
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**Contraindications:** Disodium Hydrogen Citrate Syrup is contraindicated in patients who:

- Have **severe renal impairment** (kidney failure) or **hyperkalemia** (elevated potassium levels).
  - Have **alkalosis** (elevated blood pH) or conditions where increasing the pH is not recommended.
  - Are **hypersensitive** to Disodium Hydrogen Citrate or any other ingredient in the formulation.
  - Have **sodium-restricted diets** due to conditions like hypertension or heart disease, as this medication contains sodium.
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**Warnings and Precautions:**

- **Renal Impairment:** Patients with kidney problems should use this medication with caution, as it can cause electrolyte imbalances.

- **Electrolyte Monitoring:** Regular monitoring of serum electrolytes is recommended to avoid imbalances, especially in patients with prolonged usage.
- **Alkalosis Risk:** Overuse can lead to metabolic alkalosis, characterized by symptoms such as muscle twitching, irritability, or confusion.
- **Gastrointestinal Irritation:** Take with water to avoid potential stomach or throat irritation.

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**Side Effects:** Common side effects of Disodium Hydrogen Citrate Syrup may include:

- **Gastrointestinal discomfort:** Nausea, vomiting, stomach upset, or diarrhea.
- **Abdominal pain or cramping.**
- **Increased thirst or frequent urination.**

Serious side effects (though rare) may include:

- **Electrolyte imbalance:** Symptoms such as confusion, weakness, or irregular heartbeat may indicate an imbalance in electrolytes.
- **Metabolic alkalosis:** Symptoms may include dizziness, muscle twitching, or mood changes.
- **Allergic reactions:** Rash, itching, swelling, or difficulty breathing.

If any of these serious side effects occur, discontinue use and seek immediate medical attention.

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**Drug Interactions:** Disodium Hydrogen Citrate Syrup may interact with the following:

- **Potassium-sparing diuretics** (e.g., spironolactone, amiloride): These may increase the risk of hyperkalemia when taken together with Disodium Hydrogen Citrate.
- **Antacids** containing sodium bicarbonate: May lead to excessive alkalization.
- **Medications affected by urine pH:** Some drugs, such as lithium or aspirin, may be affected by changes in urine pH.

Always inform your healthcare provider about all medications you are taking, including over-the-counter drugs and supplements.

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**Storage:** Store Disodium Hydrogen Citrate Syrup at **room temperature** (15°C to 30°C / 59°F to 86°F), away from direct sunlight and moisture. Keep out of reach of children.

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#### **Patient Counseling Information:**

- Always **dilute the syrup in water** before consuming.
- Take only the prescribed dose and avoid prolonged use without consulting your healthcare provider.
- Monitor for any unusual symptoms and report them to your healthcare provider.
- **Avoid consuming high amounts of acidic foods or beverages** (such as citrus) to maintain a balanced pH while on this medication.
- **Drink plenty of fluids** throughout the day, as this may help prevent kidney stones and maintain hydration.

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This overview provides general information about Disodium Hydrogen Citrate (1.40 gm/5 ml) Syrup. Always follow the instructions provided by your healthcare provider and consult them for any specific questions or concerns related to this medication.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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