

## Department of Nephrology/Pharmacy

# Quinine sulphate tablets

### What is quinine sulphate and what does it do?

Quinine sulphate tablets are used for the prevention of painful night time leg cramps.

### Why am I prescribed quinine sulphate?

Patients with kidney diseases may suffer with night time cramps in their legs. This is due to the build up of toxins in the blood or dehydration.

Quinine sulphate can help to reduce these leg cramps and is often prescribed to patients with kidney diseases.

### How do I take my quinine sulphate?

The usual dose for the prevention of night time leg cramps is 300mg at bedtime.

If you miss a dose take it as soon as you remember. However, do not double up on a missed dose the next day.

Do not take more tablets than stated on the label on the box.

### Are there any side effects?

Quinine sulphate may occasionally cause side effects in some patients, particularly when you first start taking it.

These may include:

- Abdominal pain
- Diarrhoea
- Disturbed vision
- Dizziness
- Fever
- Headache
- Itching
- Nausea
- Rashes
- Ringing in the ears and vomiting

These side effects should be mild but if you have any concerns about these or any other side effects please contact your doctor or specialist nurse for advice.

There are some more serious but rare side effects to quinine sulphate. If any of the following occur or you suspect that they are happening, stop taking the quinine sulphate tablets immediately and contact your doctor or NHS Direct (0845 4647) as soon as possible:

- If you get a skin rash, swelling or difficulty breathing
- If you develop an unexplained sore throat or bruising
- If you notice bleeding in the skin, tiny red dots in the skin on the lower legs, small scattered bruises, bleeding gums, blood in the stool or urine, or unusually heavy periods.

### **Are there any problems taking quinine sulphate with any other medications?**

Quinine sulphate should be avoided if you are taking some other medications. These medications include:

- Amiodarone
- Digoxin
- Cimetidine

If you are taking any of these tablets please check with your doctor before starting to take quinine tablets.

Only take tablets prescribed for you by your doctor and check with your pharmacist before taking any new medicines.

### **Further information**

**Further information about your tablet can be found in the patient information leaflet found in the tablet/capsule box or on the container.**

If you have any other questions about your medication, please contact the medicines helpline on 01223 217502.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

### Document history

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