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ASCORBIC ACID - ORAL

OTHER NAMES: Vitamin C

USES: Ascorbic acid, also known as Vitamin C, is an essential nutrient involved in many functions of the body. It is used to prevent and to treat scurvy, a vitamin C deficiency. Vitamin C supplements are necessary when inadequate amounts are received as a result of poor nutrition. Vitamin C supplements may be used in persons with chronic illness, burns, or certain blood disorders.

HOW TO TAKE THIS MEDICATION: Take this medication as directed.

Chewable tablets must be chewed thoroughly before swallowing followed with a glass of water.

Timed-release capsules or tablets must be swallowed whole.

Mix the powder form in a glass of juice or water. Stir well and drink immediately.

SIDE EFFECTS: This medication may cause stomach upset, diarrhea, mouth sores, frequent urination or kidney stones. Consult your doctor if any of these effects persist or become severe.

PRECAUTIONS: Large doses of ascorbic acid may cause kidney stones. Check with your doctor before taking large doses without a prescription.

Ascorbic acid may affect laboratory tests, including urine tests for sugar. Diabetics should consult their doctor or pharmacist for the correct way to test their urine while taking large amounts of ascorbic acid. Before you have any tests, tell the laboratory personnel and doctor that you are taking this medication.

Women who are pregnant should inform their doctors that they take ascorbic acid.

DRUG INTERACTIONS: If you take aspirin on a regular schedule, consult your doctor before taking ascorbic acid.

NOTES: Foods that contain large amounts of vitamin C include citrus fruit, strawberries, potatoes, tomatoes, leafy vegetables, meat, fish, poultry, eggs and dairy products. Eat more of these foods to increase the amount of vitamin C in your diet.

There are many ascorbic acid supplement products available. Some can be purchased without a prescription. Consult your

doctor or pharmacist on the choice of a product best for you.

MISSED DOSE: If you miss a dose, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up.

STORAGE: Store at room temperature between 59 and 86 degrees F (between 15 and 30 degrees C) away from moisture and sunlight. Do not store in the bathroom.