

## basics

**Relieves symptoms of indigestion and pain** Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) provides quick relief for heartburn, upset stomach, headaches, and general pain. However, you have to take it a few times a day to continue getting relief of your symptoms.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Alka-Seltzer (aspirin / citric acid / sodium bicarbonate)</b> Drug effectiveness					
<b>Possible side effects†</b>					
<b>Upset stomach</b>					
<b>Belching</b>					
<b>Hiccups</b>					
<b>Stomach ulcers</b>					

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) contains aspirin. Don't take Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) if you're allergic to aspirin.
- Don't give Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) to kids or teenagers without talking to your doctor first. It may cause a rare but serious illness called Reye's Syndrome.
- Stop taking Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) right away and get medical attention if you experience ringing in your ears, a rash, trouble breathing, unusual bleeding, or nausea and vomiting that doesn't go away.
- If you have a dental or medical procedure being done, you may need to stop taking Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) a few days before the big day. Ask your dentist or doctor.
- Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) contains sodium. Talk to your doctor about using Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) if you need to follow a low sodium diet.
- Don't take more than 8 tablets in 24 hours.

## Risks and warnings

Contact your doctor if you experience any of these.

### Taking the wrong medication

There are many different over the counter medicines with the brand name Alka-Seltzer (aspirin / citric acid / sodium bicarbonate). Each one may contain different active ingredients. Be sure to read the labels carefully to understand what kind of medicine you have and what the correct dose should be. Talk to your doctor or pharmacist for advice.

### Brain damage or death from Reye's Syndrome

Children and teenagers who take Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) while recovering from a recent viral infection have a higher risk of getting Reye's syndrome. It is a rare, but very serious condition that can cause liver damage, brain swelling, and confusion. Let your doctor know right away if you experience nausea or vomiting that continues for several days, unusually low energy, or changes in behavior.

### High blood sodium levels

If you have kidney or hyperparathyroid disease, levels of Alka-Seltzer (aspirin / citric acid / sodium bicarbonate) build up in your blood. This can cause toxic levels of sodium in your body. This is more likely to happen if you have severe kidney disease or are on dialysis.