

Uramet tablets

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using URAMET?

URAMET tablets contain the active ingredient methenamine hippurate (formerly known as hexamine hippurate). It is used to suppress urinary bacteria associated with chronic or recurrent infection.

For more information, see Section [1. Why am I using URAMET?](#) in the full CMI.

2. What should I know before I use URAMET?

Do not use if you have ever had an allergic reaction to methenamine hippurate or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use URAMET?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with URAMET and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use URAMET?

- Adults and children over 12 years: take 1 tablet twice daily.
- Swallow the tablet with a full glass of water or other liquid, with or without food.

More instructions can be found in Section [4. How do I use URAMET?](#) in the full CMI.

5. What should I know while using URAMET?

Things you should do	<ul style="list-style-type: none">• Remind any doctor or pharmacist you visit that you are using URAMET.• Talk to your doctor or pharmacist if your symptoms do not improve.
Things you should not do	<ul style="list-style-type: none">• 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.
Things to be careful of	<ul style="list-style-type: none">• Some patients may have alkaline urine due to a vegetarian diet or an infection which may affect how URAMET works.
Looking after your medicine	<ul style="list-style-type: none">• Keep your tablets in the bottle until it is time to take them.• Keep URAMET tablets in a cool dry place, away from moisture or heat where the temperature stays below 25°C. Do not refrigerate or freeze.

For more information, see Section [5. What should I know while using URAMET?](#) in the full CMI.

6. Are there any side effects?

Common side effects of URAMET include nausea, upset stomach, painful urination, rash, inflammation of the mouth, diarrhoea, constipation, and abdominal pain. These common side effects are usually mild.

You may also experience symptoms of a serious side effect such as an allergic reaction. These signs include: rash, itching and hives on the skin; sudden swelling of the face, lips, tongue and other parts of the body; wheezing or difficulties breathing; and shortness of breath.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Uramet tablets

Active ingredient(s): *Methenamine hippurate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using URAMET tablets. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using URAMET tablets.**

Where to find information in this leaflet:

- [1. Why am I using URAMET?](#)
- [2. What should I know before I use URAMET?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use URAMET?](#)
- [5. What should I know while using URAMET?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using URAMET?

URAMET tablets contain the active ingredient methenamine hippurate (formerly known as hexamine hippurate). It is used to suppress urinary bacteria associated with chronic or recurrent infection.

Methenamine hippurate has antibacterial activity.

URAMET tablets may be used for short or long term treatment.

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

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

2. What should I know before I use URAMET?

Warnings

Do not use URAMET if:

- You have any of the following health conditions:**
 - Liver dysfunction
 - Kidney parenchymal infection
 - Kidney insufficiency or failure
 - Severe dehydration
 - Metabolic acidosis
 - Gout
- You are allergic to methenamine hippurate, or any of the ingredients listed at the end of this leaflet.**
 - Some symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue, or any other parts of the body; rash, itching or hives on the skin.

- Always check the ingredients to make sure you can use this medicine.
- It has expired or the packaging is damaged.** If it is expired or the packaging is damaged, return it to your pharmacist for disposal.

Check with your doctor if you:

- Have any other medical conditions, especially the following:**
 - Liver problems
 - Kidney problems
- Have had any allergy to any other medicines, or any other substances, such as foods, preservatives, or dyes.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Tell your pharmacist or doctor if you are pregnant or plan to become pregnant or are breastfeeding. They 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.

Use in children

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

3. What if I am taking other medicines?

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

Some medicines may be affected by URAMET, 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.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect URAMET.

4. How do I use URAMET?

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 and children over 12 years: Take 1 tablet twice daily.
- The maximum adult dose is 2 tablets per day.

When to take URAMET tablets

- Take your medicine twice daily.

How to take URAMET tablets

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

How long to take it for

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

If you forget to use URAMET tablets

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

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

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.

If you use too much URAMET

If you think that you have used too much URAMET, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using URAMET?

Things you should do

- Remind any doctor or pharmacist you visit that you are using URAMET.
- Talk to your doctor or pharmacist if your symptoms do not improve. They will assess your condition and decide if you should continue to take the medicine.

Things you should 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.

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.

Looking after your medicine

- Keep your tablets in the bottle until it is time to take them. If you take the tablets out of the bottle, they may not keep well.
- Keep URAMET tablets in a cool dry place, away from moisture or heat where the temperature stays below 25°C. Do not refrigerate or freeze. For example, do not store it:
 - In the bathroom or near a sink, or
 - In the car or on window sillsHeat and dampness can destroy some medicines.

Follow the instructions on the bottle on how to take care of your medicine properly.

Keep it where young children cannot reach it.

A locked cupboard at least one and a half metres above the ground is a good place to store medicines.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

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

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none">• Nausea• Upset stomach• Painful urination• Rash• Inflammation of the mouth• Diarrhoea• Constipation• Abdominal pain	<p>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you. This list includes the more common side effects, which are usually mild.</p>

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none">• 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	Stop taking URAMET tablets and tell your doctor immediately or go to the Emergency Department at your nearest hospital.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

What URAMET tablets contain

Active ingredient (main ingredient)	<ul style="list-style-type: none">• Methenamine hippurate
Other ingredients (inactive ingredients)	<ul style="list-style-type: none">• Povidone• Colloidal anhydrous silica• Magnesium stearate

Do not take this medicine if you are allergic to any of these ingredients.

What URAMET 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 20 tablets or 100 tablets.

(AUST R 339589)

Who distributes URAMET tablets

Aspen Pharmacare Australia Pty Ltd
34-36 Chandos St
St Leonards NSW 2065
Australia

This leaflet was revised in October 2024.