

Vitamin C (Ascorbic Acid)

Medication Information Leaflet

What is the medication used for?

This medication is used to treat or prevent vitamin C deficiency. Vitamin C is also important in wound healing, and may be used to improve iron absorption in iron supplements such as Ferbeaplex, Maltofer, Sangobion, Floron and Obimin.

How should I take the medication?

- Do not stop taking your medications without checking with your healthcare professional
- This medication may be taken with or without food
- It is recommended to take this medication with a full glass of water or other liquids
- For chewable tablets: Chew well before swallowing
- This medication may be taken together with iron supplements

What should I do if I forget to take/use this medication?

If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medication to make up for the missed dose.

What precautions should I follow when taking the medication?

Before starting on this medication, inform your healthcare professional if you:

- Are allergic to this medication, or any of the other ingredients in this medication
- Have ever been diagnosed with kidney stones or have kidney problems
- Have a condition called Glucose 6 Phosphate Dehydrogenase (G6PD) deficiency

What are some common side-effects of this medication?

Some side effects include stomach discomfort, diarrhoea, nausea or vomiting

- You may reduce the stomach discomfort by taking medication with or after food

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

How should I store the medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children. Throw away all expired medications.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing it into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

Last updated on December 2019