PATIENT & CAREGIVER EDUCATION

Ascorbic Acid

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Acerola C 500 [OTC]; Ascor; BProtected Vitamin C [OTC]; Fruit C 500 [OTC]; Fruit C [OTC]; Fruity C [OTC] [DSC]; True Vitamin C [OTC]; Vita-C [OTC]; VitaChew Vit C Citrus Burst [OTC]; Well Vitamin C [OTC]

Brand Names: Canada

Ascor L 500

What is this drug used for?

- It is used to treat or prevent vitamin C deficiency.
- It is used to treat scurvy.
- It may be given to your child for other reasons. Talk with the doctor.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.

This drug may interact with other drugs or health problems.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- This drug may affect certain lab tests. Tell all of your child's health care providers and lab workers that your child takes this drug.
- If your child has high blood sugar (diabetes), talk with the doctor.

- If your child is on a low-sodium or sodium-free diet, talk with your child's doctor.
- Kidney stones or other very bad kidney problems have rarely happened in people taking high doses of this drug for a long time. The risk may be higher in people who have had kidney problems or kidney stones. The risk may also be higher in people 65 or older and children younger than 2 years of age.
- Do not give this drug to your child for longer than you were told by the doctor.
- Be careful if your child has low levels of an enzyme called G6PD. Anemia may happen. Low levels of G6PD may be more likely in patients of African, South Asian, Middle Eastern, and Mediterranean descent.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

What are some side effects that I need to call my child's doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side

effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Feeling very tired or weak.
- Dark urine or yellow skin or eyes.
- Back pain, belly pain, groin pain, or blood in the urine. May be signs of a kidney stone.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

All oral products:

- Diarrhea, upset stomach, or throwing up.

Injection:

- Irritation where the shot is given.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

All oral products:

- It is best if this drug is taken with a meal.
- Keep giving this drug to your child as you have been told by your child's doctor or other health care provider, even if your child feels well.

Long-acting products:

- Have your child swallow whole. Do not let your child chew, break, or crush.

Lozenge:

- Have your child suck oral lozenge. Do not let your child chew, break, or crush it. Do not let your child swallow it whole.

Chewable tablets:

- Have your child chew well before swallowing.

Liquid:

- Measure liquid doses carefully. Use the measuring device that comes with this drug. If there is none, ask the pharmacist for a device to measure this drug.

Injection:

- It is given as a shot into a muscle, vein, or into the fatty part of the skin.
- It is given as an infusion into a vein over a period of time after being added to fluids.

What do I do if my child misses a dose?
All oral products:

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not take 2 doses at the same time or extra doses.

Injection:

- Call your child's doctor to find out what to do.

How do I store and/or throw out this drug?
All oral products:

- Store at room temperature protected from light. Store in a dry place. Do not store in a bathroom.
- Protect from heat.

Injection:

- If you need to store this drug at home, talk with your child's doctor, nurse, or pharmacist about how to store it.

All products:

- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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