



Patient Group Direction PGD236

FOR THE ADMINISTRATION OR SUPPLY OF SODIUM ALGINATE WITH POTASSIUM BICARBONATE

Staff Grade:	Qualified and Year Two Trainee: Advanced Paramedic Practitioners Advanced Nurse Practitioners (Urgent and Primary Care)
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Document Author(s) / Owner	
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Division / Organisation Wide	Advanced Practice (Urgent & Primary Care) only

Health Care Professionals must be HCPC or NMC registered and authorised by name under this PGD before attempting to treat any patient according to it and have signed the relevant declaration.

Before using this PGD, healthcare professionals must ensure they are working within their scope of practice and be competent in the treatment of patients identified as suitable for inclusion under this PGD.

“Your scope of practice is the limit of your knowledge, skills and experience and is made up of the activities you carry out within your professional role. As a health and care professional, you must keep within your scope of practice at all times to ensure you are practising safely, lawfully and effectively. This is likely to change over time as your knowledge, skills and experience develop.” (HCPC 2024)

Staff should not deviate from their training, guidelines and scope of practice without taking professional clinical advice. All staff are expected to maintain their fitness to practice and undertake appropriate professional development to allow them to be fit for the role in which they are practising.

1. Document Control Sheet

1.1 Key Information

Title:	Patient Group Direction PGD236 Sodium Alginate with Potassium Bicarbonate
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1.2 Revision History

Version	Date	Summary of Changes	Name	Changes Marked
0.1	20/11/2024	Initial draft		N/A
1.0	26/03/2025	Updated to approved version no., guidance comments removed		Yes
1.0	01/05/2025	First issue – supersedes entry in PGD001a		Yes

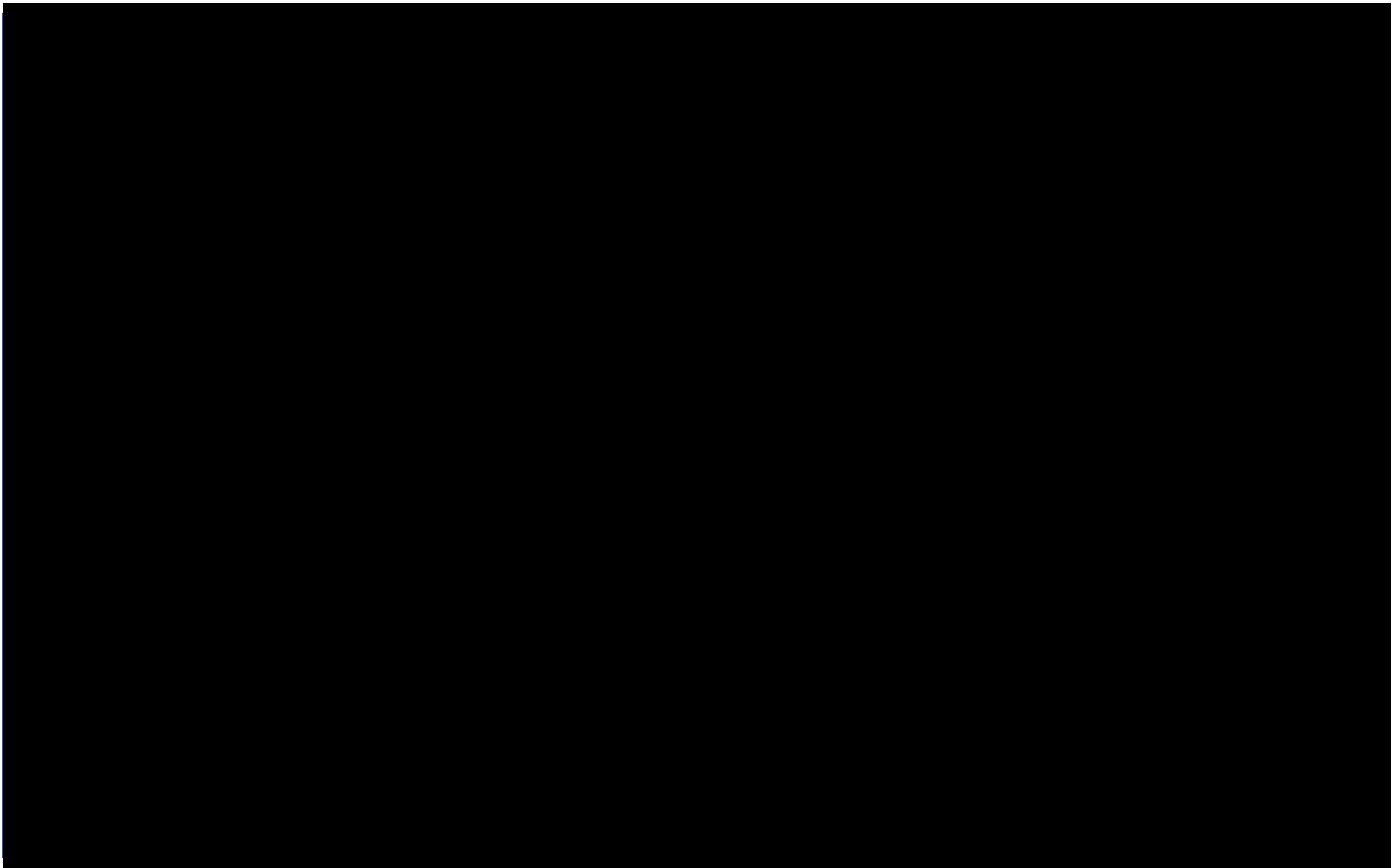
1.3 Approvals: This document requires the following approvals:

Name	Date	Version
National Advanced Practice Clinical Lead	30/01/2025	1.0
Medicines Management Group	30/01/2025	1.0
Pharmaceutical Advisor	03/03/2025	1.0
Medical Director	27/02/2025	1.0

1.4 Distribution: This document has been distributed to:

Name	Date	Version
Medicines Management Group	28/03/2025	1.0
Advanced Practice Leadership Team	28/03/2025	1.0
All Advanced Practitioners (UPC) & trainees	28/03/2025	1.0

1.5 Names and signatures of professionals drawing up the protocol



1.6 Professional / Advisory groups which have approved the protocol

Scottish Ambulance Service Medicines Management Group	Date	30/01/2025
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2. Using this PGD for Administration and/or Supply of Medicines

3. Characteristics of Staff

Qualifications required	Qualified and Year Two Trainee: Advanced Paramedic Practitioners Advanced Nurse Practitioners (in Urgent and Primary Care)
Specific or additional experience / training required	Undertaken an SCQF Level 11 module in Advanced Clinical Assessment (or equivalent) which included a period of supervised practice and signed off as competent. Passed all relevant written and practical assessments and ratified by a university exam board. Familiarisation with the signs and symptoms of conditions listed in “Criteria for Inclusion” in this PGD and possible differential diagnoses. Familiarisation with the use of Sodium alginate with Potassium bicarbonate, its indications, contra-indications and other details.
Continuing training requirements	The clinician should be aware of any changes to the evidence base for treatment conditions listed in “Criteria for Inclusion” in this PGD. The individual clinician is responsible for their own CPD and for keeping up to date with the use of medicine(s) in this PGD.
Other	You must be authorised by name under the current version of this PGD before you attempt to work to it

4. Clinical Situations / Conditions to Which the Patient Group Direction Applies

Definition of condition / situation to be treated	Symptomatic relief of mild to moderate acute dyspepsia and gastric reflux
Criteria for inclusion	<p>Adults 16 years and over, where appropriate safety-netting can be made, with any of the above condition / symptoms, including:</p> <ul style="list-style-type: none"> • Known gastro-oesophageal reflux disease (GORD) • Acid reflux • Heartburn • Indigestion • Reflux oesophagitis
Criteria for exclusion	<ul style="list-style-type: none"> • Children under 16 years of age • Informed non-consent • Known allergy or hypersensitivity to Sodium alginate with Potassium bicarbonate (e.g. Gaviscon) or any excipients or ingredients in the preparation • Active vomiting, diarrhoea or fever • Known intestinal obstruction • Phenylketonuria • Patients where it's not possible to exclude cardiac aetiology • Patients currently taking emergency contraception • Ineffective use, in the current episode, of any similar product(s) containing Sodium alginate, Potassium bicarbonate, Calcium carbonate or Alginic acid • Patients taking Methenamine (for prophylaxis of UTIs) • Significantly unwell patients requiring further assessment (blood tests, x-ray, etc.) or admission
Action if patient is excluded or declines treatment	Document in ePR / patient record. Discuss alternatives with patient / carer as appropriate and advise on risks of declining treatment. Consider referral to primary care or a community pharmacy. If necessary, consider referral or transfer to a suitable receiving unit.

5. Description of Treatment (including dosage and administration)

Name, form(s) and strength(s) of medicine	Sodium alginate 100mg with Potassium bicarbonate 20mg per 1ml oral suspension Sodium alginate 500mg with Potassium bicarbonate 100mg chewable tablets
Legal status	P – suspension GSL – chewable tablets
Is the use outwith the SmPC?	No
Storage requirements	Room temperature
Route(s) / method(s) of administration	Oral administration only
Dose and frequency of administration	All indications listed in this PGD: 1-2 tablets or 5-10ml suspension after meals and at bedtime, to a maximum of 8 tablets / 40ml in 24hours
Maximum dose and number of treatments	As above. Maximum supply is one full box (24 tablets) or one bottle.

6. Cautions and Identification & Management of Adverse Reactions

Cautions	Both presentations should be considered high-sodium products. They should be used with caution in patients with salt-restricted diets. For those who require to monitor their intake:					
	Sodium		Potassium		Calcium	
	Suspension (per 5ml dose)					
	2.3mmol	57.85mg	1.01mmol	39.43mg	1mmol	100mg
	Suspension (max daily dose of 40ml)					
	18.4mmol	462.8mg	8.08mmol	315.44mg	8mmol	800mg
	Chewable tablets (per tablet)					
	2.12mmol	53.22mg	1mmol	39.06mg	1mmol	100mg
	Chewable tablets (max daily dose of 8 tablets)					
	16.93mmol	425.76mg	8mmol	312.48mg	8mmol	800mg
Drug interactions	No significant interactions other than those listed in exclusions					
Identification and management of adverse reactions	Anaphylactic reactions to Sodium alginate with Potassium bicarbonate are extremely rare and should be managed as per standard protocol / JRCALC guidance.					
	Side-effects from this drug are uncommon but can include: Diarrhoea, Nausea, Vomiting					
	A detailed list of adverse reactions can be found in the product's SmPC and PIL, see references below.					
	Any adverse reactions, and action taken, are recorded in the patient's notes and other appropriate documentation e.g.: clinical incident form, Yellow Card scheme, etc.					

7. Patient Advice and Documentation

Patient advice (verbal and written)	<ul style="list-style-type: none"> • Explain treatment plan and gain consent • Clinician should inform the patient / carer of the realistic timeframe for improvement of symptoms being treated • Must see medical practitioner if symptoms worsen or do not resolve within the expected timeframe • Advise that the patient <u>must not</u> take any other products containing Sodium alginate, Potassium bicarbonate, Calcium carbonate or Alginic acid – and that not all items are obvious that they contain these ingredients. These include: branded medicines such as Acidex, Bisodol, Gaviscon / Gaviscon Advance, Peptac, Rennies, Settlers, or any store or pharmacy-branded indigestion or heartburn relief products. Patients who are prescribed regular potassium- or calcium-only supplements (e.g. Sando-K, Calcichew) may continue to take them • Advise to be especially cautious regarding any medicines purchased overseas which may include Sodium alginate, Potassium bicarbonate, Calcium carbonate or Alginic acid • Advise that these products can impair the absorption of other medicines. Should be taken 2 hours before or after any other regular medication • Patients using an oral contraceptive should be informed that while this medication does not affect it directly, if they have the side effect of vomiting or diarrhoea then that may reduce their protection from pregnancy • These products are safe to use in pregnancy and when breastfeeding • Advise to contact GP / nurse / pharmacist / out-of-hours service if side effects occur • Advised to call 999 if any life-threatening side-effects occur • Patients should be given a copy of the manufacturer's Patient Information Leaflet where available or signposted to an electronic copy if not • Patients should be advised to maintain adequate hydration
Arrangements for referral to medical advice	Local arrangements apply
Additional facilities / supplies required	<p>Patient may be supplied with a dispensing spoon or cup (where available) or syringe(s) (5ml or 10ml recommended) to measure dose and administer medicine, if given syringe(s) they must be reminded that the solution <u>must not</u> be injected.</p> <p>The tablet form is only available as a single brand – Gaviscon Advance® - and will not normally be carried by SAS APs but have been included in this PGD in case of supply issues with suspensions. If required refer to the patient's GP or a SAS prescriber. They are also available for the patient to purchase from supermarkets and pharmacies.</p>

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	Suspension is available in several different sized bottles, any of which can be supplied under this PGD. Larger bottles than what's carried by SAS APs may be available if required by referring to a patient's GP or a SAS prescriber, or for the patient to purchase from pharmacies.
Monitoring	No specific monitoring required
Follow up	Follow-up via a patient's own GP is recommended to investigate the source of the symptoms being treated
Details of treatment records required	<p>The ePR, or other patient record, must contain the following:</p> <ul style="list-style-type: none"> • Name of the HCP using this PGD • Patient's name, address and date of birth. CHI number is also preferred • Name of medication and expiry date • Date and time of administration / supply • Dose (and volume if liquid preparation), form and route (and site if parenteral) of administration • If supplying medicine: <ul style="list-style-type: none"> ○ Dose and frequency to take ○ Number of items supplied • That it is administered and/or supplied under this PGD and not prescribed or via an exemption <p>The ePR, or other patient record, must also contain:</p> <ul style="list-style-type: none"> • The patient's medical and medication history • Medication and safety-netting / worsening advice given to the patient / carer <p>All records must be clear, legible and contemporaneous.</p>

8. References and Further Reading

NICE Medicines Practice Guideline MPG2: Patient group directions

[Overview](#) | [Patient group directions](#) | [Guidance](#) | [NICE](#)

Sodium alginate with Potassium bicarbonate in BNF

[Sodium alginate with potassium bicarbonate](#) | [Drugs](#) | [BNF](#) | [NICE](#)

Sodium alginate with Potassium bicarbonate on EMC

[Gaviscon Advance Oral Suspension aniseed flavour SmPC](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Gaviscon Advance Oral Suspension aniseed flavour Patient Information Leaflet](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Gaviscon Advance Oral Suspension peppermint flavour SmPC](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Gaviscon Advance Oral Suspension peppermint flavour Patient Information Leaflet](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Gaviscon Advance Mint Chewable Tablets SmPC](#) ([medicines.org.uk](https://www.medicines.org.uk))

[Gaviscon Advance Mint Chewable Tablets Patient Information Leaflet](#) ([medicines.org.uk](https://www.medicines.org.uk))

BNF Treatment Summaries

[Dyspepsia](#) | [Treatment summaries](#) | [BNF](#) | [NICE](#)

[Gastro-oesophageal reflux disease](#) | [Treatment summaries](#) | [BNF](#) | [NICE](#)

NICE Clinical Knowledge Summary/Summaries (CKS)

[Dyspepsia - Pregnancy-associated](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Dyspepsia - Proven functional](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Dyspepsia - Proven GORD](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

[Dyspepsia - Unidentified cause](#) | [Health topics A to Z](#) | [CKS](#) | [NICE](#)

NICE Clinical Guidelines

[CG184 Gastro-oesophageal reflux disease and dyspepsia in adults: Investigation and management](#) | [Guidance](#) | [NICE](#)

[NG1 Gastro-oesophageal reflux disease in children and young people: Diagnosis and management](#) | [Guidance](#) | [NICE](#)

Other Useful Links

[Farting](#) | [NHS Inform](#)

[Gastroesophageal reflux disease](#) | [NHS Inform](#)

[Indigestion](#) | [NHS Inform](#)

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