

Package Leaflet: Information for the User

Zantac 150 mg Effervescent Tablets ranitidine (as hydrochloride)

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

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1 What Zantac is and what it is used for

Zantac contains a medicine called ranitidine. This belongs to a group of medicines called H₂-receptor antagonists. It lowers the amount of acid in your stomach.

For adults (including the elderly) Zantac is used to:

- treat ulcers in the stomach, or the part of the gut it empties into (the duodenum)
- prevent stomach ulcers when they are a side effect of some medicines
- treat problems caused by acid in the food pipe (oesophagus) or too much acid in the stomach. Both of these can cause pain or discomfort sometimes known as 'indigestion', 'dyspepsia' or 'heartburn'
- treat other conditions where reduction of acid in the stomach is likely to be beneficial
- treat Zollinger-Ellison syndrome – a condition in which there is increased production of the hormone gastrin

For children (3 to 18 years) Zantac is used to:

- treat ulcers in the stomach, or the part of the gut it empties into (the duodenum)
- treat problems caused by acid in the food pipe (oesophagus) or too much acid in the stomach. Both of these can cause pain or discomfort sometimes known as "indigestion", "dyspepsia" or "heartburn"

2 What you need to know before you take Zantac

Do not take Zantac if:

- you are allergic (hypersensitive) to ranitidine or any of the other ingredients of Zantac (listed in Section 6).

If you are not sure, talk to your doctor or pharmacist before taking Zantac.

Warnings and precautions

Talk to your doctor or pharmacist before taking Zantac if:

- you have stomach cancer
- you have kidney problems. You will need to take a different amount of Zantac
- you have had stomach ulcers before and you are taking Non-Steroidal Anti-Inflammatory (NSAID) medicines
- you have a rare condition called acute porphyria
- you are a smoker
- you suffer from long-term lung disease, diabetes, are over 65 years or are unable to resist infection as you may be at increased risk of getting a serious chest infection (pneumonia); symptoms include fever, cough and breathlessness.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before using this medicine.

You should see your doctor on a regular basis if you are taking Zantac long-term (maintenance therapy).

Children under 3 years of age

Zantac is not recommended in children under 3 years of age

Other medicines and Zantac

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes medicines that you buy without a prescription and herbal medicines. This is because Zantac can affect the way some other medicines work. Also some other medicines can affect the way Zantac works.

In particular tell your doctor or pharmacist if you are taking any of the following medicines:

- Non-Steroidal Anti-Inflammatory (NSAID) medicines, for pain and inflammation
- lidocaine, a local anaesthetic
- propranolol, procainamide or n-acetylprocainamide, for heart problems
- diazepam, for worry or anxiety problems
- phenytoin, for epilepsy
- theophylline, for breathing problems (asthma)
- Certain Anticoagulants (e.g. Warfarin) for thinning your blood, as Zantac may alter the effect of these medicines
- glipizide, for lowering blood glucose
- atazanavir or delaviridine, for treating HIV infection
- triazolam, for insomnia
- gefitinib, for lung cancer
- ketoconazole, an anti fungal medicine, sometimes used for treating thrush.
- Midazolam is a medicine that may be given to you just before you have an operation. Tell the doctor you are taking Zantac before your operation in case he or she wants to give you Midazolam.
- Sucralfate, for treating stomach ulcers.

If you are taking Non-Steroidal Anti-Inflammatory (NSAID) medicines (used to treat pain and inflammation) at the same time as Zantac you will need to see your doctor regularly.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Zantac.

Pregnancy and breast-feeding

If you are pregnant or breast feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine

Driving and using machines

Zantac is unlikely to affect your ability to drive or use machines.

Important information about some of the ingredients of Zantac

- Zantac Effervescent Tablets are sweetened using a substance called aspartame, which contains a source of phenylalanine. If you have the rare condition called phenylketonuria, talk to your doctor before taking this medicine.
- Zantac Effervescent Tablets contain sorbitol (E420). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- The maximum recommended daily dose of this medicinal product contains 1307 mg sodium (found in table salt). This is equivalent to 65% of the adult recommended maximum daily dietary intake for sodium.
- Talk to your pharmacist or doctor if you need Zantac Effervescent Tablets on a daily basis for a prolonged period of time, especially if you have been advised to have a low salt diet.

3 How to take Zantac Effervescent Tablets

Always take Zantac exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Take this medicine by mouth.
- Place the tablet(s) in half a glass of water.
- Allow the tablets to dissolve completely in the water before you drink it.

The usual dose for an adult (including the elderly) and adolescents (12 years and over) is either:

- 150 mg in the morning and 150 mg in the evening, **or**
- 300 mg at bedtime.

A maintenance dose of 150 mg at night may be used. In certain cases treatment may be given at a higher dose, up to 600 mg (300 mg Twice Daily) and may last 8-12 weeks. Your exact dose will depend on your particular stomach condition, your doctor will tell you the dose you should take.

Use in Children over 30 kg of weight and from 3 to 11 years:

Your doctor will work out the right dose for you based on your child's weight. Other forms of this medicine may be more suitable for children; ask your doctor or pharmacist.

Treatment of stomach or duodenal (small intestine) ulcers:

The usual dose is 2 mg for each kg of body weight, twice a day for four weeks. This dose may be increased to 4 mg for each kg, twice a day to a maximum dose of 300 mg per day. Take each dose about 12 hours apart. The duration of treatment may be increased to 8 weeks.

Treatment of heartburn due to too much acid:

The usual dose is 2.5 mg for each kg of body weight, twice a day to a maximum of 600 mg per day. This dose may be increased to 5 mg for each kg, twice a day. Take each dose about 12 hours apart.

If you take more Zantac than you should

It is important to keep to the dose on the label of your medicine. Zantac is not normally harmful if you take more than you should, unless:

- you take many tablets at once
- you are on a sodium restricted diet.

If any of the above apply to you (or someone else taking this medicine), **you should go to your nearest hospital casualty department straight away**. Take the medicine pack or any remaining medicine with you so that the doctor knows what you have taken.

If you forget to take Zantac

- If you forget a dose, take it as soon as you remember, unless it is nearly time for your next dose.
- Do not take a double dose to make up for a forgotten dose.

If you stop taking Zantac

After a few days of taking the tablets you should start to feel much better. Do not stop taking the tablets without talking to your doctor or pharmacist first, otherwise the original pain and discomfort may come back.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4 Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Conditions you need to look out for

Severe allergic reaction: These are rare in people taking Zantac. Signs include:

- raised and itchy rash (*hives*)
- swelling, sometimes of the face or mouth (*angioedema*)
- chest pain, shortness of breath, unexplained fever, wheezing or difficulty in breathing
- feeling faint, especially when standing up
- collapse

Contact a doctor immediately if you get any of these symptoms. Stop taking Zantac.

Serious skin reactions: these are very rare in people taking Zantac. Signs include:

- Skin rash, which may blister, and look like small targets (central dark spots surrounded by a paler area, with a dark ring around the edge).

Contact a doctor immediately if you get any of these symptoms. Stop taking Zantac.

Uncommon side effects

These may affect **up to 1 in 100** people

- Abdominal pain
- Constipation
- Nausea

Rare side effects

These may affect **up to 1 in 1,000** people:

- Allergic reactions
- Skin rash
- Elevation of Creatinine
- Changes to liver function

Very rare side effects

These may affect **up to 1 in 10,000** people:

- inflammation of blood vessels (*vasculitis*)
- inflammation of the pancreas (*pancreatitis*)
- inflammation of the liver (*hepatitis*), sometimes with yellowing of the whites of the eyes or skin (*jaundice*)
- inflammation in the kidney (*interstitial nephritis*)
- slow, fast or irregular heartbeat
- diarrhoea
- feeling confused, depressed, or seeing or hearing things that are not really there (*hallucinations*)
- joint or muscle pain, or uncontrolled movement
- headache, dizziness, blurred vision
- unusual hair loss or thinning (*alopecia*)
- unable to get or maintain an erection (*impotence*)
- unusual secretion of breast milk or breast enlargement in men.

- low levels of white blood cells
- decrease in number of blood platelets (cells that help blood to clot)
- decrease in number of all types of blood cells.

Not known (frequency cannot be estimated from the available data)

- shortness of breath

Speak to your doctor if you experience unexplained bruising, recurrent infection, tiredness or fainting.

Reporting side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance, Earlsfort Terrace, IRL-Dublin 2; Tel: +353 1 6764971; Fax +353 1 6762517. Website www.hpra.ie; email: medsafety@hpra.ie.

By reporting side effects you can help provide more information on the safety of this medicine.

5 How to store Zantac

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the tube and carton after Exp. The expiry date refers to the last day of that month.
- Do not store above 25°C. Keep the container tightly closed in order to protect from light and moisture.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6 Contents of pack and other information

What Zantac contains:

- The active substance is ranitidine (as the hydrochloride) 150 mg. The other ingredients are monosodium citrate anhydrous, sodium hydrogen carbonate, aspartame (E951), povidone K30, sodium benzoate (E211), orange flavour IFF No.6, grapefruit flavour IFF 18C222 and sorbitol (E420).

Each 150 mg effervescent tablet contains 327 mg sodium.

What Zantac looks like and contents of the pack

Zantac Effervescent Tablets are round, white to pale yellow tablets marked "GS LHK" on one side and flat on the other which effervesces on dissolution in water to give a clear orange/grapefruit flavoured solution.

Cartons contain plastic (polypropylene) tubes fitted with white polyethylene caps filled with silica gel. Each tube contains 15 tablets. Alternatively one tube of 10 tablets is packed into a cardboard carton which has a tamper evident closure.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder: GlaxoSmithKline (Ireland) Ltd., 12 Riverwalk, Citywest Business Campus, Dublin 24.

Manufacturer: Losan Pharma GmbH, Otto Hahn Strasse 13, 79395 Neuenburg am Rhein, Germany

The information provided applies only to Zantac Effervescent Tablets 150 mg.

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