

Zantac® Syrup

Ranitidine hydrochloride, 150mg/10mL syrup

Consumer Medicine Information

What is in this leaflet?

Please read this leaflet carefully before you start taking Zantac syrup.

This leaflet does not have all information available about your medicine. If you have any questions about your medicine, you should ask your doctor or pharmacist.

All medicines have some risks. Your doctor has weighed the risks of you taking Zantac syrup against the benefits he/she expects it will have for you.

If there is anything you do not understand, ask your doctor or pharmacist. If you want more information, ask your doctor or pharmacist.

What Zantac is used for

The medicine in your Zantac syrup is called ranitidine (as hydrochloride). This belongs to a group of medicines called H₂-antagonists.

Zantac is mostly used to:

- relieve and treat the symptoms of reflux oesophagitis (also known as reflux)
- treat stomach and duodenal ulcer disease (also known as peptic ulcer), including when they are caused by

taking anti-inflammatory tablets.

- stop these ulcers from coming back
- treat chronic dyspepsia (indigestion)
- treat duodenal ulcers associated with *Helicobacter pylori* infection, in combination with amoxicillin (antibiotic) and metronidazole (antibacterial agent)

These problems are caused, in part, by too much acid in the stomach. This can lead to pain such as heartburn. Zantac works by reducing the amount of acid in the stomach. This reduces the pain and also allows the ulcer and reflux to heal.

Zantac is also used to treat:

- Zollinger-Ellison disease – where the stomach produces very large amounts of acid, much more than in ulcers and reflux disease.

Before you take Zantac syrup

When you must not take it

Do not take Zantac if you have an allergy to:

- Ranitidine
- Any of the ingredients listed at the end of this leaflet, including alcohol

Symptoms of an allergic reaction include:

- wheezing

- swelling of the lips/mouth
- difficulty in breathing
- hay fever
- lumpy rash ("hives")
- fainting

Do not use Zantac after the expiry date (EXP) printed on the pack has passed. If you take this medicine after the expiry date it may not work.

If you are not sure whether you should start taking Zantac, talk to your doctor.

Before you start to take it

Tell your doctor:

- the names of all medicines you are already taking including those you have bought from a supermarket or a pharmacy
- if you have had to stop taking this or any other medicine for your ulcer or reflux
- if you have kidney disease
- if you are allergic to any medicine
- if you have a disease known as acute porphyria, an uncommon genetic condition.
- If your symptoms (e.g. stomach discomfort) have recently changed
- if you are pregnant, likely to get pregnant or are breast feeding. Your doctor will tell you if you should take this medicine.

Taking other medicines with Zantac

Sucralfate (Carafate™) may interfere with Zantac if taken at the same time.

Zantac Syrup contains alcohol

Zantac Syrup contains 7.5% w/v alcohol. Each spoonful (5 mL) of syrup therefore contains almost 400 mg of alcohol. This is equal to the amount of alcohol in one spoonful (5 mL) of wine or two spoonfuls (10 mL) of beer. It may be harmful if you are an alcoholic. You also need to be aware of the alcohol content:

- if you are pregnant or breast-feeding
- if you have epilepsy, liver disease, or have had an injury to your brain or other condition affecting your brain
- if your child is being treated.

It may also change or increase the affect of other medicines.

Talk to your doctor if you are concerned. They may suggest an alternative treatment.

There may be other interactions - check with your doctor or your pharmacist if you take any other medicines.

How do I take Zantac?

- The dosage depends on the disease that you are suffering from. Your doctor or pharmacist will usually tell you how much Zantac syrup to take and how often to take it. You will also find this information on

the label of your medicine.

- The normal adult dosage is 150 to 300 milligrams per day, taken as 10mL of syrup once or twice a day, or 20mL of syrup at bedtime. Your doctor may prescribe a different dosage. The dose in Zollinger-Ellison Disease is much higher.
- **Do not** take extra syrup.
- **Do not** take the syrup more often than you have been told.
- It does not matter whether you take the syrup before or after food.
- Do not dilute or mix Zantac syrup with any other liquids.
- Your pain or other symptoms may take a few days to go away.
- Take all the syrup your doctor has prescribed for you, even if you feel better.

Even when you have completed your syrup, your doctor may decide to continue your treatment with Zantac, possibly at a different dosage, in order to prevent the problem coming back again.

If you have taken all the syrup and still do not feel better **tell your doctor as soon as possible.**

Use in Children:

Zantac has not been studied fully in children. However, Zantac has been used with good results in children aged 8 to 18 years in doses up to 150 mg (10mL) twice daily.

What should I do if I miss my dose?

If you forget to take your Zantac, take the dose as soon as possible. If it is nearly time for your next dose skip the dose you have missed and take the next dose as you are meant to. **Do not** take a double dose to make up for the missed one.

While you are taking Zantac Syrup

Things you must do

Tell your doctor or pharmacist that you are taking Zantac Syrup if you are taking or are about to be started on any new medicines including medicines you buy without a prescription such as:

- warfarin, used to prevent blood clots
- triazolam and midazolam, used as sedatives
- ketoconazole, an anti-fungal
- atazanavir and delaviridine, used to treat HIV
- glipizide, used for diabetics
- gefitinib, used in the treatment of cancer.

Tell your doctor if you become pregnant or are trying to become pregnant.

Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed.

Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

Things you must not do

Do not stop taking Zantac Syrup, or change the dose without first checking with your doctor.

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

Do not use Zantac Syrup to treat any other complaints unless your doctor says so.

Things to be careful of

Be careful driving or operating machinery until you know how Zantac Syrup affects you.

Zantac Syrup generally does not cause any problems with your ability to drive a car or operate machinery. However, as with many other medicines, Zantac Syrup may cause dizziness/drowsiness/tiredness in some people.

Side-Effects

Like other medicines, Zantac may cause some side-effects. Most of the side-effects will be minor and temporary, but some may be serious. Your doctor will be able to answer any questions you may have.

Tell your doctor **straight away** and do not take any more Zantac if you get:

- skin troubles such as rash (red spots), itching, skin lumps or hives
- swelling of the eyelids, face or lips

- wheezing, shortness of breath, chest pain or tightness, slower than usual heart beat
- severe stomach pain or a change in the type of pain
- yellow colouring of the skin or eyes (jaundice)
- confusion
- fever, severe chills, sore throat or mouth ulcers – this could be a lack of white blood cells
- tiredness, being short of breath and looking pale
- bleeding or bruising more easily than normal, nose bleeds

These are serious side effects. They are very rare.

Other side effects include:

- nausea
- vomiting
- joint or muscle pains
- dizziness
- depression
- hallucination
- blurred vision
- hair loss
- constipation
- impotence
- breast tenderness and/or breast enlargement
- breast discharge.

If you notice any symptoms that concern you or if the syrup causes any other side-effects, tell your doctor or pharmacist.

If you think you are having an allergic reaction to Zantac, TELL YOUR DOCTOR IMMEDIATELY or go to the casualty department at your nearest hospital. Symptoms usually include some or all of the following:

- wheezing
- swelling of the lips/mouth

- difficulty in breathing
- hay fever
- lumpy rash ("hives")
- fainting

This is not a complete list of side effects that may be experienced while taking Zantac. Do not be alarmed by this list of side effects- you may not experience any of them.

What if I take too much Zantac? (overdose)

In the event of an overdose you should contact your nearest Poisons Information Centre (0800 POISON or 0800 764 766), doctor or hospital emergency department.

After using Zantac

Storage

- Keep your Zantac syrup away from heat (store below 25°C). For example, you should not leave it in the car on hot days.
- Please keep your Zantac syrup in a place where children cannot reach it for example in a locked cupboard.
- You will find an "expiry" (or use by) date printed on the manufacturer's label of the pack. **Do not** use the syrup after this date. **Do not** use the syrup if it is discoloured.
- Keep your Zantac syrup away from moisture. Do not store medicines in the bathroom or near a sink. Heat and dampness can destroy some medicines.

Disposal

If your doctor tells you to stop taking Zantac or the syrup has passed its expiry date, ask your pharmacist what to do with any syrup that is left over.

Can I let someone else use my Zantac?

Never give this medicine to someone else. The medicine is only for you. It may harm other people even if they seem to have the same symptoms that you have.

Product Description

Ingredients

Zantac syrup contains 150mg of ranitidine in every 10mL. Your syrup also contains the following inactive ingredients:

- Hydroxypropyl methylcellulose 2906 or 2910, ethanol (alcohol), propyl hydroxybenzoate, butyl hydroxybenzoate, potassium dihydrogen orthophosphate, disodium hydrogen orthophosphate anhydrous, sodium chloride, saccharin sodium, sorbitol solution, mint flavour IFF 17:42:3632, purified water.
- Zantac syrup is free from gluten and lactose.
- Pack size available: 300mL.

Further Information

This is not all the information that is available on Zantac. If you have any more questions or are not

sure about anything, ask your doctor or pharmacist.

Pharmaceutical companies are not in a position to give people an individual diagnosis or medical advice. Your doctor or pharmacist is the best person to give you advice on the treatment of your condition. You may also be able to find general information about your disease and its treatment from books, for example in public libraries.

Manufacturer

Your Zantac syrup is supplied by:

GlaxoSmithKline NZ
Limited
AMP Centre
Cnr Customs and Albert St
Private Bag 106600
Downtown, Auckland

Ph (09) 367-2900
Fax (09) 367-2910

Do not throw this leaflet away. You may need to read it again.

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