

QUESTRAN® LITE

cholestyramine resin

What is in this leaflet

This leaflet answers some common questions about QUESTRAN LITE. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking QUESTRAN LITE against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet.

You may need to read it again.

What QUESTRAN LITE is used for

QUESTRAN LITE is used to reduce high levels of cholesterol in the blood & the prevention of coronary heart disease. The relief of pruritis (itching) associated with the flow of bile being partially blocked. The relief of diarrhoea caused by surgery or disease of the small bowel.

QUESTRAN LITE contains cholestyramine (KOL-es-TIE-rameen) which belong to a group of medicines called resins. It reduces the level of cholesterol in the blood by combining with bile in the small intestine to form an insoluble complex, which is then excreted in faeces.

The reduction of blood cholesterol levels help to prevent blockages in the blood vessels to the heart which reduces the likelihood of angina (chest pain with heart disease) & heart attacks

QUESTRAN LITE may be used alone or in combination with other medicines. Your doctor will inform you if this is necessary.

Your doctor may have prescribed QUESTRAN LITE for another reason. Ask your doctor if you have any questions about why QUESTRAN LITE was prescribed for you.

There is no evidence that QUESTRAN LITE is addictive.

This medicine is only available with a doctor's prescription.

The safety & effectiveness of using QUESTRAN LITE in infants & children has not been established.

Before you use QUESTRAN LITE

When you must not use it

Do not use QUESTRAN LITE if you have an allergy to QUESTRAN LITE or any of the ingredients listed at the end of this leaflet, unless you have discussed it with your doctor.

Symptoms of an allergic reaction may include:

- chills/fever
- fast heart beat
- difficulty in breathing, shortness of breath
- dizziness or lightheadedness

Do not use QUESTRAN LITE if you have been diagnosed with complete biliary obstruction, where no bile is secreted into the intestine.

Do not use QUESTRAN LITE after the expiry date printed on the pack. If you take this medicine after the expiry date has passed, it may not work as well.

Do not use QUESTRAN LITE if the packaging is torn or shows signs of tampering.

If you are not sure whether you should have QUESTRAN LITE, talk to your doctor.

Before you use it

Tell your doctor if you have allergies to:

- any other medicines
- any other substances, such as foods, preservatives or dyes

Tell your doctor if you have or have had any medical conditions, especially the following:

- liver problems
- jaundice – yellowing of the skin & eyes
- phenylketonuria (PKU)
- blood problems – blood clotting associated with vitamin K deficiency
- hyperchloraemic acidosis – too much chloride in the blood
- constipation

Tell your doctor if you are pregnant or intend to become pregnant. Like most medicines QUESTRAN LITE is not recommended for use during pregnancy, unless you & your doctor have discussed the risks & benefits involved.

Tell your doctor if you are breast-feeding or plan to breastfeed. There is the possibility that the breast-fed baby may be affected.

If you have not told your doctor about any of the above, tell them before you start having QUESTRAN LITE

Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and QUESTRAN LITE may interfere with each other. These include:

- phenylbutazone
- thyroid & thyroxine preparations
- warfarin
- chlorothiazide
- tetracycline
- phenobarbitone
- digitalis
- aldosterone antagonists
- inorganic iron

Do not stop taking QUESTRAN LITE. If you have been taking a medicine with toxic side effect such as digitalis while you are using QUESTRAN LITE as this could be hazardous to your health. **Discuss this with your doctor.**

These medicines may be affected by QUESTRAN LITE, or affect how well it works. You may need different amounts of your medicine, or you may need to have different medicines. Your doctor will advise you.

Your doctor may have more information on medicines to be careful with or avoid, when using QUESTRAN LITE.

How to take QUESTRAN LITE

How much to take

Your doctor will decide what dose you will receive. Your dose of QUESTRAN LITE is worked out based on your condition & whether you are taking other medicines. The dose worked out for you may be different to the dose for another patient.

The recommended dose:

- Adults - maintenance or on-going therapy 12 to 16 g of cholestyramine resin equivalent to 14.1 to 18.8g of QUESTRAN

LITE per day.

- **Children & Infants** – No dosage regimen has been established for children. Your doctor will start therapy in a child with small doses and adjust the dose, depending on the child's response to initial therapy.

Ask your doctor if you want to know more about the dose of QUESTRAN LITE you receive.

How to take it

QUESTRAN LITE should not be taken in its dry form; it must always be mixed with water or other fluids before taking.

1. Add the contents of the 4g sachet to 100-150ml of water or fruit juice.
2. Mix immediately by stirring vigorously.
3. Continue to stir until the mixture is even (the powder will not dissolve).
4. Drink the entire mixture immediately, rinse the container & drink the rinse to ensure that you have taken the full dose.

Make sure you use the full amount of water and ensure that Questran is well mixed before you drink it. You can, if you prefer mix QUESTRAN LITE with thin soups, pulpy fruits with a high water content e.g. pureed apple or crushed pineapple. If care is taken you can mix it with carbonated drinks.

When to take it

Take QUESTRAN LITE at about the same time each day. Taking your sachet(s) at the same time each day will have the best effect. It will also help you remember when to take your sachet(s).

If you are taking other medicines, you must take them one hour before taking your QUESTRAN LITE or four to six hours after taking your QUESTRAN LITE

If you forget to take it

If it is almost time for next dose, skip the dose that you missed & take your next dose when you are meant to. Otherwise, take your dose as soon as you remember it, then go back to taking it as you would normally.

Do not take a double dose to make up for the dose that you missed, this may increase the chance of getting an unwanted side effect.

If you are not sure of what to do, ask your doctor or pharmacist.

How long to take it

QUESTRAN LITE helps to control your condition but it does not cure it. Therefore you must take QUESTRAN LITE every day. Continue taking QUESTRAN LITE for as long as your doctor tells you to.

If you take too much (overdose)

Immediately contact your doctor, pharmacist or the poisons information centre, **(telephone 0800 764 766)** if you think that you or anyone else may have taken too much QUESTRAN LITE. Do this even if there are no signs of discomfort or poisoning.

Your doctor or pharmacist has information on how to recognize & treat an overdose. Ask your doctor or pharmacist if you have any concerns.

While you are using QUESTRAN LITE

Things you must do

Tell any other doctors, dentists and pharmacists who are treating you that you are having QUESTRAN LITE.

If you are about to be started on any new medicine, tell your

doctor, dentist or pharmacist that you are having QUESTRAN LITE.

If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are having QUESTRAN LITE.

If you become pregnant while having QUESTRAN LITE, tell your doctor.

Have regular blood tests when your doctor says to ensure that QUESTRAN LITE is working.

Things you must not do

Do not give QUESTRAN LITE to anyone else, even if they have the same condition as you.

Do not take QUESTRAN LITE to treat any other complaints unless your doctor tells you to.

Do not stop taking QUESTRAN LITE, or lower the dose, without checking with your doctor.

Do not take QUESTRAN LITE in its dry form. Always mix it with water or other fluids before you take it.

Things to be careful of

Be careful driving or operating machinery until you know how QUESTRAN LITE affects you.

As with other medicines QUESTRAN LITE may cause dizziness, light-headedness, drowsiness or tiredness in some people. Make sure you know how you react to QUESTRAN LITE before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy or light-headed. If you drink alcohol, your dizziness or light-headedness may be worse.

Avoid drinking large quantities of alcohol. Large quantities of alcohol may increase your chance

of QUESTRAN LITE causing liver problems.

Side effects

Do not be alarmed by this list of possible side effects. You may not experience any of them

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are having QUESTRAN LITE. QUESTRAN LITE may have unwanted side effects, some of which may be serious. You may need medical treatment if you get some of the side effects.

Ask your doctor to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

These are the most common side effects of QUESTRAN LITE

- constipation
- haemorrhoids

Tell your doctor or pharmacist as soon as possible if you notice any of the following:

These are the less common side effects of QUESTRAN LITE.

- abdominal pain
- flatulence
- nausea & vomiting
- heartburn
- diarrhoea
- anorexia – loss of appetite
- indigestion
- rash & irritation of the tongue, skin or anal area
- osteoporosis
- changes in bowel motions
- chest pain
- headache
- anxiety
- dizziness
- drowsiness

If any of the following happen, tell your doctor or pharmacist immediately, or go to Accident and

Emergency at your nearest hospital:

These are very serious side effects. You may need urgent medical attention or hospitalisation.

- sudden life-threatening allergic reactions; sudden signs of allergy such as rash, itching or hives on the skin, swelling of the face, tongue or other parts of the body, shortness of breath, wheezing or trouble breathing

Other side effects not listed above may occur in some patients. Tell your doctor or nurse if you notice anything that is making you feel unwell.

After using QUESTRAN LITE

Storage

QUESTRAN LITE sachets should be stored below 30° C.

QUESTRAN LITE sachets should be kept out of the reach of children. A locked cupboard at least one & a half meters above the ground is a good place to store medicines.

If your doctor tells you to stop taking QUESTRAN LITE, return any that you have not taken to your doctor or pharmacist, so they can be disposed of safely.

Product description

What it looks like

QUESTRAN LITE is an off-white coloured powder, available in sachets containing 4g of powder. They are supplied in boxes of 50 sachets.

Ingredients

Active: The active ingredient in QUESTRAN LITE is cholestyramine resin

Each sachet contains the equivalent of 4g of cholestyramine resin.

Inactive: Each sachet also contains kelcoloid LVF, xanthan gum, natural & artificial orange juice flavour, aspartame, citric acid & silicon dioxide.

Sponsor Details

Supplied in New Zealand by:

Pharmacy Retailing (NZ) Ltd t/a
Healthcare Logistics
58 Richard Pearse Drive
Airport Oaks
Mangere
AUCKLAND

Telephone (09) 9185 100
Fax: (09) 9185 101

Further Information

Your doctor is the best person to answer any further questions you may have about QUESTRAN LITE. You should follow any instructions given by your doctor.

Please note that knowledge about the safety of all medicines may change over time. You should discuss any problems you experience with QUESTRAN LITE at any time with your doctor.

Date of Preparation

This leaflet was prepared on 30 August 2010.