

RANITIDINE RELIEF

Ranitidine film coated tablets, 150 mg and 300 mg



What is in this leaflet

This leaflet answers some common questions about RANITIDINE RELIEF.

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 or pharmacist has weighed the risks of you taking RANITIDINE RELIEF 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 with the medicine. You may need to read it again.

What RANITIDINE RELIEF is used for

RANITIDINE RELIEF is used to provide relief from acid indigestion, heartburn and symptoms resulting from excess stomach acid.

RANITIDINE RELIEF contains the active ingredient ranitidine hydrochloride. It belongs to a group of medicines called histamine H₂-antagonists. These medicines work by reducing the amount of acid in the stomach.

Ask your doctor or pharmacist if you have any questions about why this medicine has been recommended for you.

Your doctor or pharmacist may have recommended it for another reason.

This medicine is available from your pharmacy in limited quantities.

This medicine is not addictive.

Before you take RANITIDINE RELIEF

When you must not take it

Do not take RANITIDINE RELIEF if you have an allergy to:

- any medicine containing ranitidine hydrochloride
- any of the ingredients listed at the end of this leaflet

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Do not give this medicine to a child under the age of 12 years.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.

Before you start to take it

Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor or pharmacist if you have or have had any of the following medical conditions:

- stomach cancer
- acute porphyria
- kidney problems

- lung disease
- diabetes
- any condition where your immune system may be affected

Tell your doctor or pharmacist if you have had to stop taking this or any other medicine for your ulcer or reflux.

Tell your doctor or pharmacist if you are pregnant or plan to become pregnant or are breast-feeding.

Your doctor or pharmacist can discuss with you the risks and benefits involved.

If you have not told your doctor or pharmacist about any of the above, tell him/her before you start taking RANITIDINE RELIEF.

Taking other medicines

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

Some medicines and RANITIDINE RELIEF may interfere with each other. These include:

- sucralfate, a medicine used to treat peptic ulcer
- warfarin, a medicine used to prevent blood clots
- triazolam and midazolam, medicines used as sedatives
- ketoconazole, an anti-fungal medicine
- atazanavir and delaviridine, medicines used to treat HIV
- glipizide, a medicine used for diabetics
- gefitinib, a medicine used in the treatment of cancer
- aspirin or non-steroidal anti-inflammatory (NSAID) medicines
- procainamide or N-acetylprocainamide, used to treat heart problems.

These medicines may be affected by RANITIDINE RELIEF or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to take RANITIDINE RELIEF

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

How much to take

Take one 300 mg tablet at the first sign of any symptoms.

Or take one 150 mg tablet at the first sign of any symptoms. Repeat the dose if the symptoms return.

Do not take more than one 300 mg tablet or two 150 mg tablets in 24 hours.

How to take it

Swallow the tablets whole with a full glass of water.

It does not matter if you take this medicine before or after food.

How long to take it

Take this medicine when required for your indigestion or heartburn. This medicine helps to relieve your symptoms. Stop using this medicine when your symptoms resolve.

Consult your doctor if symptoms persist, worsen or recur within 2 weeks of completing the treatment or if new or additional symptoms occur.

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

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

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much RANITIDINE RELIEF. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are taking RANITIDINE RELIEF

Things you must do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking RANITIDINE RELIEF.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine. It may affect other medicines used during surgery.

If you become pregnant while taking this medicine, tell your doctor immediately.

Things you must not do

Do not take RANITIDINE RELIEF to treat any other complaints unless your doctor or pharmacist tells you to.

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

Things to be careful of

Be careful driving or operating machinery until you know how RANITIDINE RELIEF affects you.

There have been side effects reported with this medicine that may affect your ability to drive or operate machinery. Individual responses to RANITIDINE RELIEF may vary.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking RANITIDINE RELIEF

This medicine helps most people with indigestion or heartburn but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- headache
- dizziness or drowsiness
- diarrhoea or constipation
- nausea (feeling sick) or vomiting
- stomach discomfort
- joint or muscle pain
- sleep problems
- decreased sex drive, impotence

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

- confusion, depression or hallucinations
- abnormal uncontrolled movements, muscle twitching or spasms
- blurred vision
- tiredness, being short of breath and looking pale
- frequent infections such as fever, severe chills, sore throat or mouth ulcers
- bleeding or bruising more easily than normal, nose bleeds
- breast tenderness and/or breast enlargement
- breast discharge
- hair loss

The above list includes serious side effects that may require medical attention. Serious side effects are rare.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- signs of allergy such as rash, itching or hives on the skin
- swelling of the face, lips, tongue or other parts of the body, shortness of breath, wheezing or trouble breathing
- severe upper stomach pain
- nausea, vomiting, loss of appetite, feeling generally unwell, fever, itching, yellowing of the skin and eyes, and dark coloured urine
- changes to heart beat or irregular heart beat

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people.

Some of these side effects (for example, changes in liver-function) can only be found when your doctor does tests from time to time to check your progress.

After taking RANITIDINE RELIEF

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store RANITIDINE RELIEF or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

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

Product description

What it looks like

RANITIDINE RELIEF 150 mg tablet: a creamy-yellow, round, biconvex film coated tablet marked R150 on one side.

RANITIDINE RELIEF 300 mg tablet: a creamy-yellow, round, biconvex film coated tablet marked R300 on one side.

Ingredients

RANITIDINE RELIEF contains ranitidine hydrochloride as the active ingredient.

It also contains:

- microcrystalline cellulose
- croscarmellose sodium
- magnesium stearate
- colloidal anhydrous silica

- purified talc
- isopropyl alcohol
- hypromellose
- titanium dioxide
- castor oil
- iron oxide yellow

RANITIDINE RELIEF tablets are gluten and lactose free.

If you want to know more

Should you have any questions regarding this product, please contact your pharmacist or doctor.

Who supplies this medicine

Distributed in New Zealand by:

Mylan New Zealand Ltd,
PO Box 11183,
Ellerslie,
Auckland.

Telephone: 0800 168 169

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14 August 2018
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