

## Package leaflet: Information for the user

### Zantac 75 Relief

ranitidine hydrochloride

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

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- 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.
- You must talk to a doctor if you do not feel better or if you feel worse after 6 days.

#### In this leaflet:

1. What Zantac 75 Relief is and what it is used for
2. What you need to know before you take Zantac 75 Relief
3. How to take Zantac 75 Relief
4. Possible side effects
5. How to store Zantac 75 Relief
6. Contents of the pack and other information

#### 1. What Zantac 75 Relief is and what it is used for

**Zantac 75 Relief is used to treat indigestion and heartburn for up to 12 hours.** The stomach produces acid which helps to digest food. Sometimes your stomach produces too much acid which can cause indigestion and heartburn.

The active ingredient is ranitidine hydrochloride which is a medicine called an 'H2-blocker'. It works by preventing your stomach from producing too much acid.

You must talk to a doctor if you do not feel better or if you feel worse after 6 days.

#### 2. What you need to know before you take Zantac 75 Relief

##### Do not take Zantac 75 Relief:

- if you are **allergic to ranitidine or any of the other ingredients of this medicine** (listed in section 6).
- if you are **under 16 years**.

##### Warnings and precautions

Talk to your doctor or pharmacist before taking Zantac 75 Relief:

- if you have **difficulty swallowing**
- if you have **porphyria** (too much pigment called porphyrin which may discolour the urine)
- if you have **unintended weight loss**
- if you are **middle-aged** or older with **new** or **recently changed indigestion** symptoms
- if you have **persistent stomach pain**
- if you have **kidney** or **liver problems**
- if you are under **regular medical supervision**
- if you have had a **peptic ulcer**
- if you are **elderly**
- if you have **breathing problems**
- if you have a **weak immune system**

- if you suffer from **diabetes**.

### **Other medicines and Zantac 75 Relief**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including those obtained without a prescription.

Take particular attention to:

- medicines to prevent blood clotting, such as warfarin,
- medicines for insomnia (e.g. triazolam, midazolam),
- medicines for lowering blood glucose (e.g. glipizide),
- medicines for fungal infections (e.g. ketoconazole, itraconazole, posaconazole),
- medicines for treating HIV infection (e.g. atazanavir, delavirdine),
- medicines for lung cancer (e.g. gefitinib),
- non-steroidal anti-inflammatory painkillers (e.g. aspirin or ibuprofen).

This advice is even more important if you are elderly.

If you are taking erlotinib, a drug used for the treatment of certain types of cancer, talk to your doctor before you take this medicine. Ranitidine contained in Zantac 75 Relief may decrease the amount of erlotinib in your blood and your doctor may need to adjust your treatment if it is used while you are receiving erlotinib.

### **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**

There is no known effect on the ability to drive and using machines.

## **3. How to take Zantac 75 Relief**

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

### **Adults and children aged 16 years and over:**

Swallow 1 tablet, with a drink of water, as soon as you have symptoms.

If symptoms persist for more than one hour, take another tablet.

- Do not take more than 2 tablets in 24 hours.
- Do not use for more than 6 days.
- Do not buy a second packet of tablets without speaking to your doctor or pharmacist.
- Do not take more than the recommended dose.

### **If you take more Zantac 75 Relief than you should**

Contact your doctor or casualty department.

Take the medicine pack with you so that the doctor can identify which medicine you have taken.

### **If you forget to take Zantac 75 Relief**

Do not take a double dose to make up for a forgotten tablet.

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.

**Stop taking** the medicine and **tell your doctor** if you experience:

- Allergic reactions. These are very rare but may include developing an itchy rash, swelling of the eyelids, face or lips (with or without a lumpy skin rash elsewhere on the body), unexplained fever, difficulty breathing, dizziness (especially on standing up) and chest pain or tightness.
- Unexplained bruising or bleeding, sore throat, mouth ulcers, fever, extreme paleness, weakness or exhaustion. These can be signs of blood disorders such as anaemia, low white blood cells, low platelet count, suppressed bone marrow or reduction in agranulocytes (a type of white blood cell).

The following side effects may occur. **Tell your doctor** if you get them.

- Confusion, depression, drowsiness or hallucinations.
- Headache, dizziness or sudden, jerky movements.
- Changes in heart rhythm.
- Inflammation of your blood vessels.
- Sudden inflammation of your pancreas (you may get severe stomach pain) or diarrhoea.
- Stomach pain, constipation, feeling sick (nausea).
- Inflammation of your liver which may cause one or more of the following: feeling or being sick, fever, itching, yellowing of the skin and eyes, dark coloured urine. This can cause changes to your liver function tests.
- Hair loss, blurred vision.
- Aches and pains in your muscles and joints.
- Sudden inflammation of your kidneys.
- Increase of serum creatine in the blood (kidney function test).
- Blood in your urine or changes in the normal amount of urine.
- Impotence.
- Swollen, tender or leaking breasts.

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

## **5. How to store Zantac 75 Relief**

Keep out of the sight and reach of children.

**Do not use this medicine after the 'EXP' date shown on the pack.** The expiry date refers to the last day of that month.

Store below 25°C.

The tablets should not be removed from blisters until immediately prior to use.

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 protect the environment.

## **6. Contents of the pack and further information**

### **What Zantac 75 Relief contains**

- **The active ingredient is** ranitidine hydrochloride 84 mg (equivalent to Ranitidine 75 mg).
- **The other ingredients are** microcrystalline cellulose, magnesium stearate, hypromellose (E 464), titanium dioxide (E 171), red iron oxide (E 172) and triacetin.

### **What Zantac 75 Relief looks like and contents of the pack**

Zantac 75 Relief is a pink, five-sided, biconvex, film-coated tablet.  
Packs of Zantac 75 Relief contain 6 or 12 tablets.

Not all pack sizes may be marketed.

### **Marketing Authorisation Holder**

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