

## PATIENT INFORMATION LEAFLET

### Information for the user



## Heartburn & Indigestion Relief 75mg Tablets (Ranitidine)

**Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

### What this medicine is for

This medicine contains Ranitidine Hydrochloride, which belongs to a group of medicines called histamine H<sup>2</sup> antagonists. They work by reducing the amount of acid in your stomach. It can be used to relieve the symptoms of indigestion and heartburn caused by too much acid in the stomach.

### Before you take this medicine

This medicine can be taken by adults and adolescents aged 16 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

#### **X Do not take:**

- **If you are allergic** to any of the ingredients
- **If you are under 16 years old**
- **If you are pregnant, breastfeeding**, or trying to become pregnant, unless your doctor tells you to

#### **! Talk to your pharmacist or doctor:**

- If you have any of the following symptoms – these may be a sign of a more serious problem that needs different treatment
  - You have an ulcer in your stomach or intestine, or you think you may have one
  - You are middle aged or older and this is the first time you have had these symptoms, or your symptoms have recently changed
  - You have lost weight without trying, difficulty in swallowing, stomach pain
- If you have liver or kidney problems
- If you have regular medical appointments for any reason
- If you have any other illness, or take any medicines on a regular basis (including medicines prescribed by your doctor, and any you have bought for yourself)
- If you are taking any non-steroidal anti-inflammatory drugs, e.g. ibuprofen or aspirin, especially if you are elderly
- If you have a condition called porphyria (a rare blood disease) or you have ever had this condition

### Other important information

**Information about some of the ingredients in this medicine:** Castor oil may cause a stomach upset or diarrhoea.

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine.

## If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Non-steroidal anti-inflammatory drugs
- Antacids (for indigestion)
- Sucralfate (for ulcers)
- Procainamide (for abnormal heartbeats)
- Theophylline (for asthma)
- Ketoconazole (for fungal infections)
- Glipizide (for diabetes)

If you take other antacids for indigestion, or sucralfate to treat ulcers and your doctor tells you that you can take this medicine as well, you must separate the times when you take them. You must take these tablets at least two hours before the antacid or sucralfate.

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

## ✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many to take	How often to take it
Adults and adolescents of 16 years and over	One tablet	When you need to, in the day or night.  <b>Don't take more than 2 tablets in 24 hours.</b>

Swallow the tablet with a glass of water.

Do not give to children and adolescents under 16 years.

Do not take more than the amount recommended above.

Do not take this medicine continuously for more than 6 days.

If your symptoms get worse at any time see your doctor.

If your symptoms last for more than 6 days see your doctor.

Do not buy a second pack of these tablets without asking for advice from your pharmacist or doctor.

**!** **If you take too many tablets:** Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

## Possible side effects

Most people will not have problems, but some may get some.

**!** **If you get any of these serious side effects, stop taking the tablets. See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat, chest pain, unexplained fever, fainting (severe allergic reactions)
- Fast, slow or irregular heartbeat
- Severe stomach pain (this may be caused by a swollen pancreas)

These effects are rare and happen to one person in 1000 to 10,000 who take this medicine.

**These other effects are less serious. If they bother you talk to a pharmacist:**

- Muscle or joint pain
- Unusual bruising, or infections such as sore throats – this may be a sign of very rare

changes in the blood

- Confusion, agitation, depression, hallucinations (these happen more often if you are elderly or severely ill)
- Feeling sick, diarrhoea, constipation
- Headache (sometimes severe), dizziness, fatigue and rarely blurred vision
- Skin rash, which can sometimes be severe, itchy skin, hair loss
- Yellowing of the skin or eyes
- Swollen or tender breasts in men

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

### **How to store this medicine**

Do not store above 25°C.

Keep in the original carton and protect from light.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

### **What is in this medicine**

Each tablet contains Ranitidine Hydrochloride 83.75 mg equivalent to Ranitidine 75 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain microcrystalline cellulose, croscarmellose sodium, colloidal anhydrous silica, magnesium stearate, talc. The film coating contains castor oil and Opadry OY-S-54902 Pink (containing hypromellose, talc, titanium dioxide (E171), red ferric oxide (E172)). The pack contains 12 film coated tablets.

The tablets are round, light pink and have '75' on one side.

### **Who makes this medicine**

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Galpharm International Ltd Elmhirst Park Middle Field Road Barnsley South Yorkshire S75 4LS United Kingdom. Marketing Authorisation held by Galpharm Healthcare Ltd Wrafton Braunton Devon EX33 2DL UK

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

### **Other formats**

To request a copy of this leaflet in Braille, large print or audio please call free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Heartburn & Indigestion Relief 75mg Tablets

Reference number: 16028/0122

This is a service provided by the Royal National Institute of Blind People

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