

# SALPRAZ<sup>®</sup>

# HEARTBURN RELIEF

*Pantoprazole (as sodium sesquihydrate) enteric coated tablets (Reformulation 2)*

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## Consumer Medicine Information

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### What is in this leaflet

This leaflet answers some common questions about SALPRAZ HEARTBURN RELIEF.

It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

The information in this leaflet was last updated on the date listed on the final page. More recent information on the medicine may be available.

You should ensure that you speak to your pharmacist or doctor to obtain the most up to date information on this medicine.

Those updates may contain important information about the medicine and its use of which you should be aware.

Use SALPRAZ HEARTBURN RELIEF as directed and follow the advice given in this leaflet.

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking SALPRAZ HEARTBURN RELIEF against the benefits of this medicine is expected to have for you.

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

**Keep this leaflet with the medicine.**

You may need to read it again.

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### What SALPRAZ HEARTBURN RELIEF is used for

The name of your medicine is SALPRAZ HEARTBURN RELIEF. It contains the active ingredient called pantoprazole.

#### **Heartburn and Gastro-Oesophageal Reflux disease**

SALPRAZ HEARTBURN RELIEF is used for the relief of symptoms of frequent heartburn, acid regurgitation and stomach acid complaints due to gastro-oesophageal reflux disease (GORD). This can be caused by "washing back" (reflux) of food and acid from the stomach into the food pipe, also known as the oesophagus.

Reflux can cause a burning sensation in the chest rising up to the throat, also known as heartburn.

Frequent heartburn is when you have heartburn for two or more days a week. Heartburn that occurs frequently is a typical symptom of GORD.

SALPRAZ HEARTBURN RELIEF is recommended for adults over 18 years of age suffering from heartburn at least 2 times a week.

SALPRAZ HEARTBURN RELIEF is not the right medicine for you if you suffer heartburn only occasionally (one episode of heartburn a week or less), or if you want immediate relief of heartburn.

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### How SALPRAZ HEARTBURN RELIEF works

SALPRAZ HEARTBURN RELIEF belongs to a group of medicines called proton pump inhibitors (PPIs). SALPRAZ HEARTBURN RELIEF works by decreasing the amount of acid the stomach makes to give relief from the symptoms and allow healing to take place.

**SALPRAZ HEARTBURN RELIEF will start to suppress acid within a few hours, however it will not give instant symptom relief. For effective, lasting relief, you should take a full course of SALPRAZ HEARTBURN RELIEF (see 'How to take SALPRAZ HEARTBURN RELIEF' below).**

This medicine is not addictive.

This medicine is not expected to affect your ability to drive a car or operate machinery.

This medicine is available only from your pharmacist or doctor.

**SALPRAZ HEARTBURN RELIEF should not be given to children and adolescents under 18 years of age. There is not enough information to recommend the use of this medicine for children and adolescents under 18 years of age.**

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## Before you start to take SALPRAZ HEARTBURN RELIEF

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### *When you must not take it*

Do not take SALPRAZ HEARTBURN RELIEF if you:

- have an allergy to pantoprazole, any other PPI (such as omeprazole, rabeprazole or lansoprazole) or any of the ingredients listed at the end of this leaflet

Some symptoms of an allergic reaction include skin rash, itching, shortness of breath or swelling of the face, lips or tongue, which may cause difficulty in swallowing or breathing.

- have severe liver disease or cirrhosis
- have recently had trouble swallowing, pain when swallowing, persistent vomiting or experienced unintended weight loss
- have recently vomited blood, had black stools or notice blood in your stools
- are taking atazanavir or nelfinavir (anti-viral medications)
- are pregnant, intend to become pregnant, are breast-feeding or wish to start breast-feeding.

Do not take after the expiry date (EXP) printed on the pack or if the packaging is damaged or shows signs of tampering.

If it has expired or is damaged return it to your pharmacist for disposal.

### *Before you start to take it*

Tell your pharmacist or doctor if you have:

- jaundice, liver problems or anaemia
- a feeling of weakness or you look pale
- previously taken heartburn / indigestion medications continuously for 4 or more

weeks to control your heartburn

- persisting heartburn symptoms despite taking SALPRAZ HEARTBURN RELIEF (or other similar medicines) continuously for 2 weeks, or your symptoms have recently changed
- been told by your doctor that you have a stomach ulcer, or gastrointestinal surgery is planned
- heartburn/ indigestion symptoms for the first time and you are over 40 years of age
- a scheduled endoscopy (investigation of your stomach lining performed by a specialist)
- any allergies to:
  - Pantoprazole
  - Any of the ingredients listed at the end of this leaflet
  - Any other medicines, or any other substances, such as foods, preservatives or dyes.

Your pharmacist or doctor can provide specific advice on whether you should take SALPRAZ HEARTBURN RELIEF.

Tell your pharmacist or doctor if you have or have had any other medical conditions, or you are pregnant, intend to become pregnant, are breast-feeding or wish to start breast-feeding.

### *Taking other medicines*

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

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

- warfarin, phenprocoumon - medicines used to prevent blood clots (anticoagulants)

- atazanavir, nelfinavir - medicines used to treat viral infections such as HIV
- ketoconazole, itraconazole, posaconazole - medicines used to treat fungal infections
- methotrexate - a medicine used to treat arthritis and some types of cancer
- erlotinib or related medicines used to treat cancer
- tacrolimus, mycophenolate mofetil - medicines used to suppress the immune system
- fluvoxamine - a medicine used to treat anxiety and depression.

These medicines may be affected by SALPRAZ HEARTBURN RELIEF, or may affect how well it works. You may need to use different amounts of your medicine, or take different medicines.

Your pharmacist or doctor has more information on medicines to be careful with or to avoid while taking SALPRAZ HEARTBURN RELIEF.

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## How to take SALPRAZ HEARTBURN RELIEF

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### *How much to take*

Take one tablet once a day (every 24 hours).

### *How and when to take it*

Swallow your tablets whole with a little water with or without food.

Do not crush or chew the tablets. SALPRAZ HEARTBURN RELIEF tablets have a special coating to protect them from the acidic contents of your stomach. For SALPRAZ HEARTBURN RELIEF to work effectively, this coating must not be broken.

### *How long to take it*

SALPRAZ HEARTBURN RELIEF tablets should be taken for at least seven days, and up to 14 days. You should not take it for

more than 14 days unless directed by the doctor.

### ***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 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 you getting an unwanted side effect.

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 Poisons Information Centre for advice (Ph: 13 11 26) or go to Accident and Emergency (Casualty) at your nearest hospital, if you think that you or anyone else may have taken too much SALPRAZ HEARTBURN RELIEF. Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention. Keep telephone numbers for these places handy.

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## **While you are taking SALPRAZ HEARTBURN RELIEF**

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### ***Things you must do***

Tell all doctors, dentists and pharmacists who are treating you that you are taking SALPRAZ HEARTBURN RELIEF.

If you are going to have surgery or an endoscopy, tell the surgeon or doctor that you are taking this medicine.

Tell your doctor or pharmacist immediately if you become

pregnant while you are taking SALPRAZ HEARTBURN RELIEF.

If symptoms persist or recur within 2 weeks of completing the course, consult a doctor.

Your doctor may recommend further examination.

If you are about to have any blood tests, tell your doctor that you are taking this medicine.

It may interfere with the results of some tests.

**Tell your doctor if your reflux symptoms return after you stop taking this medicine.**

The symptoms of reflux may return after stopping this medicine suddenly, especially if you have taken it for a while.

Use SALPRAZ HEARTBURN RELIEF exactly as directed.

### ***Things you must not do***

SALPRAZ HEARTBURN RELIEF may cause dizziness and visual disturbances. If affected, do not drive or operate machinery.

Do not give SALPRAZ HEARTBURN RELIEF to anyone else, even if they have the same symptoms as you. Do not use SALPRAZ HEARTBURN RELIEF to treat any other complaints unless your doctor tells you to.

### ***Things that may help your condition***

Some self-help measures suggested below may help your condition. Talk to your pharmacist or doctor about these measures and for more information.

- **Alcohol:** your doctor may advise you to limit your alcohol intake.
- **Aspirin and many other medicines used to treat arthritis, period pain, headaches:** these medicines may irritate the stomach and may make your condition worse. Your pharmacist or doctor may

suggest other medicines you can take.

- **Caffeine:** your doctor may advise you to limit the number of drinks which contain caffeine, such as coffee, tea, cocoa and cola drinks, because they contain ingredients that may irritate your stomach.
- **Eating habits:** eat smaller, more frequent meals. Eat slowly and chew your food carefully. Try not to rush at meal times.
- **Smoking:** your doctor may advise you to stop smoking or at least cut down.
- **Weight:** your doctor may suggest losing some weight to help your condition.

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## **Side effects**

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Like other medicines, SALPRAZ HEARTBURN RELIEF can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious and need medical attention.

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

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

- headache
- dizziness
- diarrhoea
- nausea or vomiting
- stomach pain, discomfort or excessive gas in the stomach or bowel
- indigestion
- constipation
- dry mouth
- metallic taste
- weakness or tiredness or sleep disturbances
- increased sweating or body temperature

- blurred vision
- skin problems such as itchiness and rash

These are the more common side effects of SALPRAZ HEARTBURN RELIEF. Some of these side effects may be due to the combination of other medicines you are taking with SALPRAZ HEARTBURN RELIEF.

**Tell your pharmacist or doctor immediately if you notice any of the following:**

- unusual tiredness, weakness, dizziness or fainting
- chest pain, fast heartbeat
- shortness of breath
- nausea, vomiting, loss of appetite, feeling generally unwell, fever, itching, yellowing of the skin and eyes, and dark coloured urine or bowel movements
- blood in the urine
- increased or decreased need to urinate
- bleeding or bruising more easily than normal
- skin problems such as itchiness, redness, rash with swelling, blistering or peeling of the skin or rash when exposed to the sun, possibly with pain in the joints and general fever
- swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- frequent infections such as fever, severe chills, sore throat or mouth ulcers
- high blood pressure
- water retention, swelling of the legs
- depression, confusion or anxiety
- bone fracture of the hip, wrist or spine (mainly a risk in people who take high doses of PPIs or use them long term (a year or longer))
- symptoms such as seizures, abnormal or fast heartbeat, jerking/shaking movements or

muscle cramps. These can be a sign of low magnesium, calcium or potassium levels in your blood

- severe and/or persistent diarrhoea, because this medicine has been associated with a small increase in infectious diarrhoea

These may be serious side effects and you may need urgent medical attention. Serious side effects are rare.

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

**Tell your pharmacist or doctor if you notice anything that is making you feel unwell when you are taking, or soon after you have finished taking SALPRAZ HEARTBURN RELIEF.**

**Ask your pharmacist or doctor if you do not understand some of the information in this list.**

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## After taking SALPRAZ HEARTBURN RELIEF

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### Storage

**Keep your tablets in their blister pack until it is time to take them. If you take the tablets out of the blister pack they may not keep well.**

**Keep SALPRAZ HEARTBURN RELIEF tablets in a cool dry place where the temperature stays below 30°C.**

**Do not store SALPRAZ HEARTBURN RELIEF or any other medicines in a bathroom or near a sink. Do not leave it in the car or on window sills.**

Heat and dampness can destroy some medicines.

**Keep SALPRAZ HEARTBURN RELIEF 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 SALPRAZ HEARTBURN RELIEF or the tablets have passed their expiry date, ask your pharmacist what to do with any tablets that are left over.

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## Product description

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### What it looks like

SALPRAZ HEARTBURN RELIEF is available as 20 mg tablets. The tablets have an acid-resistant coating called an enteric coating.

The 20 mg tablets are yellow and oval shaped, biconvex, plain on both sides.

SALPRAZ HEARTBURN RELIEF 20 mg tablets are available in blister packs of 7 & 14 tablets. Not all pack sizes may be marketed.

### Ingredients

SALPRAZ HEARTBURN RELIEF contains the equivalent of 20 mg pantoprazole (as sodium sesquihydrate) as the active ingredient.

SALPRAZ HEARTBURN RELIEF tablets also contain the following inactive ingredients:

- Mannitol
- Sodium carbonate
- Crospovidone
- Povidone
- Calcium stearate
- Hypromellose
- Macrogol 6000
- Methacrylic acid - ethyl acrylate copolymer (1:1)
- Triethyl citrate
- Purified talc
- Purified water
- OPADRY AMB Aqueous Moisture Barrier Coating System 80W52172 Yellow
- Carnauba Wax

SALPRAZ HEARTBURN RELIEF  
tablets contain trace quantities of  
soya bean products.

***Sponsor***

SALPRAZ HEARTBURN RELIEF  
is supplied by:

**Alphapharm Pty Ltd trading as  
Viatriis**

Level 1, 30 The Bond  
30 – 34 Hickson Road  
Millers Point NSW 2000  
www.viatriis.com.au  
Phone: 1800 274 276

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