

**Package leaflet: Information for the user**

**Esomeprazole 20 mg Gastro-resistant Tablets**  
**Esomeprazole 40 mg Gastro-resistant Tablets**  
Esomeprazole

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- 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.

**What is in this leaflet:**

1. What Esomeprazole Gastro-resistant Tablets is and what it is used for
2. What you need to know before you take Esomeprazole Gastro-resistant Tablets
3. How to take Esomeprazole Gastro-resistant Tablets
4. Possible side effects
5. How to store Esomeprazole Gastro-resistant Tablets
6. Contents of the pack and other information

**1. What Esomeprazole Gastro-resistant Tablets is and what it is used for**

Esomeprazole gastro-resistant tablets contain a medicine called esomeprazole. This belongs to a group of medicines called 'proton pump inhibitors'. They work by reducing the amount of acid that your stomach produces.

Esomeprazole gastro-resistant tablets are used to treat the following conditions:

**Adults**

- 'Gastro-oesophageal reflux disease' (GERD). This is where acid from the stomach escapes into the gullet (the tube which connects your throat to your stomach) causing pain, inflammation and heartburn.
- Ulcers in the stomach or upper part of the gut (intestine) that are infected with bacteria called '*Helicobacter pylori*'. If you have this condition, your doctor may also prescribe antibiotics to treat the infection and allow the ulcer to heal.
- Stomach ulcers caused by medicines called NSAIDs (Non-Steroidal Anti-Inflammatory Drugs). Esomeprazole gastro-resistant tablets can also be used to stop stomach ulcers from forming if you are taking NSAIDs.
- Too much acid in the stomach caused by a growth in the pancreas (Zollinger-Ellison syndrome).
- Prolonged treatment after prevention of rebleeding of ulcers with intravenous esomeprazole.

**Adolescents aged 12 years and above**

- 'Gastro-oesophageal reflux disease' (GERD). This is where acid from the stomach escapes into the gullet (the tube which connects your throat to your stomach) causing pain, inflammation and heartburn.
- Ulcers in the stomach or upper part of the gut (intestine) that are infected with bacteria called '*Helicobacter pylori*'. If you have this condition, your doctor may also prescribe antibiotics to treat the infection and allow the ulcer to heal.

**2. What you need to know before you take Esomeprazole Gastro-resistant Tablets**

**Do not take Esomeprazole gastro-resistant tablets if**

- you are allergic to Esomeprazole or any of the other ingredients of this medicine (listed in section 6).
- you are allergic to other proton pump inhibitor medicines (e.g. pantoprazole, lansoprazole, rabeprazole, omeprazole).
- you are taking a medicine containing neflavinir (used to treat HIV infection).

Do not take Esomeprazole gastro-resistant tablets if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Esomeprazole gastro-resistant tablets.

**Warnings and precautions**

Talk to your doctor or pharmacist before taking Esomeprazole gastro-resistant tablets if:

- you have severe liver problems.
- you have severe kidney problems.
- you ever had a skin reaction after treatment with a medicine similar to Esomeprazole gastro-resistant tablets that reduces stomach acid.

If you get a rash on your skin, especially in areas exposed to the sun tell your doctor as soon as you can, as you may need to stop your treatment with Esomeprazole gastro-resistant tablets. Remember to also mention any other ill-effects like pain in your joints.

Esomeprazole gastro-resistant tablets may hide the symptoms of other diseases. Therefore, if any of the following happen to you before you start taking Esomeprazole gastro-resistant tablets or while you are taking it, talk to your doctor straight away, if:

- you lose a lot of weight for no reason and have problems swallowing.
- you get stomach pain or indigestion.
- you begin to vomit food or blood.
- you pass black stools (blood-stained faeces).

If you have been prescribed Esomeprazole gastro-resistant tablets "on demand" you should contact your doctor if your symptoms continue or change in character.

Taking a proton pump inhibitor like Esomeprazole, especially over a period of more than one year, may slightly increase your risk of fracture in the hip, wrist or spine. Tell your doctor if you have osteoporosis or if you are taking corticosteroids (which can increase the risk of osteoporosis).

**Children under the age of 12 years**

Esomeprazole gastro-resistant tablets is not recommended for children less than 12 years old. For treatment of children aged 1 to 11 years other dosage forms (e.g. granulate) are available (ask your doctor or pharmacist if you require further information).

**Other medicines and Esomeprazole gastro-resistant tablets**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes medicines that you buy without a prescription. This is because Esomeprazole gastro-resistant tablets can affect the way some medicines work and some medicines can have an effect on Esomeprazole gastro-resistant tablets.

Do not take Esomeprazole gastro-resistant tablets if you are taking a medicine containing neflavinir (used to

treat HIV infection).

Tell your doctor or pharmacist if you are taking any of the following medicines:

- Atazanavir (used to treat HIV infection).
- Clopidogrel (used to prevent blood clots).
- Ketoconazole, itraconazole or voriconazole (used to treat infections caused by a fungus).
- Erlotinib (used to treat cancer).
- Citalopram, imipramine or clomipramine (used to treat depression).
- Diazepam (used to treat anxiety, relax muscles or in epilepsy).
- Phenytoin (used in epilepsy). If you are taking phenytoin, your doctor will need to monitor you when you start or stop taking Esomeprazole gastro-resistant tablets. Medicines that are used to thin your blood, such as warfarin. Your doctor may need to monitor you when you start or stop taking Esomeprazole gastro-resistant tablets.
- Cilostazol (used to treat intermittent claudication – a pain in your legs when you walk which is caused by an insufficient blood supply).
- Cisapride (used for indigestion and heartburn).
- Digoxin (used for heart problems).
- Methotrexate (a chemotherapy medicine used in high doses to treat cancer) – if you are taking a high dose of methotrexate, your doctor may temporarily stop your esomeprazole treatment.
- Tacrolimus (organ transplantation)
- Rifampicin (used for treatment of tuberculosis).
- St. John's wort (Hypericum perforatum) (used to treat depression).

If your doctor has prescribed you the antibiotics amoxicillin and clarithromycin as well as Esomeprazole gastro-resistant tablets to treat ulcers caused by *Helicobacter pylori* infection, it is very important that you tell your doctor about any other medicines you are taking.

**Taking Esomeprazole gastro-resistant tablets with food and drink**

You can take your tablets with food or on an empty stomach.

**Pregnancy, breast-feeding and fertility**

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. Your doctor will decide whether you can take Esomeprazole gastro-resistant tablets during this time.

It is not known if esomeprazole passes into breast milk. Therefore, you should not take Esomeprazole gastro-resistant tablets if you are breast-feeding.

Taking Esomeprazole gastro-resistant tablets with food and drink

You can take your tablets with food or on an empty stomach.

**Driving and using machines**

Esomeprazole gastro-resistant tablets is not likely to affect you being able to drive or use any tools or machines. However, side effects such as dizziness and blurred vision may uncommonly or rarely occur (see section 4). If affected, you should not drive or use machines.

**Esomeprazole gastro-resistant tablets contains sucrose and lactose**

If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this medicinal product.

**3. How to take Esomeprazole Gastro-resistant Tablets**

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

- If you are taking this medicine for a long time, your doctor will want to monitor you (particularly if you are taking it for more than a year).
- If your doctor has told you to take this medicine as and when you need it, tell your doctor if your symptoms change.

**How much to take**

- Your doctor will tell you how many tablets to take and how long to take them for. This will depend on your condition, how old you are and how well your liver works.
- The recommended doses are given below.

**Adults aged 18 and above**

To treat heartburn caused by gastroesophageal reflux disease (GERD):

- If your doctor has found that your food pipe (gullet) has been slightly damaged, the recommended dose is one Esomeprazole 40 mg gastro-resistant tablet once a day for 4 weeks. Your doctor may tell you to take the same dose for a further 4 weeks if your gullet has not yet healed.
- The recommended dose once the gullet has healed is one Esomeprazole 20 mg gastro-resistant tablet once a day.
- If your gullet has not been damaged, the recommended dose is one Esomeprazole 20 mg gastro-resistant tablet each day. Once the condition has been controlled, your doctor may tell you to take your medicine as and when you need it, up to a maximum of one Esomeprazole 20 mg gastro-resistant tablet each day.
- If you have severe liver problems, your doctor may give you a lower dose.

To treat ulcers caused by *Helicobacter pylori* infection and to stop them coming back:

- The recommended dose is one Esomeprazole 20 mg gastro-resistant tablet twice a day for one week.
- Your doctor will also tell you to take antibiotics for example amoxicillin and clarithromycin.

To treat stomach ulcers caused by NSAIDs (Non-Steroidal Anti-Inflammatory Drugs):

- The recommended dose is one Esomeprazole 20 mg gastro-resistant tablet once a day for 4 to 8 weeks.

To prevent stomach ulcers if you are taking NSAIDs (Non-Steroidal Anti-Inflammatory Drugs):

- The recommended dose is one Esomeprazole 20 mg gastro-resistant tablet once a day.

To treat too much acid in the stomach caused by a growth in the pancreas (Zollinger-Ellison syndrome):

- The recommended dose is one Esomeprazole 40 mg gastro-resistant tablet twice a day.
- Your doctor will adjust the dose depending on your needs and will also decide how long you need to take the medicine for. The maximum dose is 80 mg twice a day.

Prolonged treatment after prevention of rebleeding of ulcers with intravenous esomeprazole:

- The recommended dose is one Esomeprazole 40 mg tablet once a day for 4 weeks.

**Adolescents aged 12 or above**

To treat heartburn caused by gastroesophageal reflux disease (GERD):

- If your doctor has found that your

food pipe (gullet) has been slightly damaged, the recommended dose is one Esomeprazole 40 mg gastro-resistant tablet once a day for 4 weeks. Your doctor may tell you to take the same dose for a further 4 weeks if your gullet has not yet healed.

- The recommended dose once the gullet has healed is one Esomeprazole 20 mg gastro-resistant tablet once a day.
- If your gullet has not been damaged, the recommended dose is one Esomeprazole 20 mg gastro-resistant tablet each day.
- If you have severe liver problems, your doctor may give you a lower dose.

To treat ulcers caused by *Helicobacter pylori* infection and to stop them coming back:

- The recommended dose is one Esomeprazole 20 mg gastro-resistant tablet twice a day for one week.
- Your doctor will also tell you to take antibiotics for example amoxicillin and clarithromycin.

**Taking this medicine**

- You can take your tablets at any time of the day.
- You can take your tablets with food or on an empty stomach.
- Swallow your tablets whole with a drink of water. Do not chew or crush the tablets. This is because the tablets contain coated pellets which stop the medicine from being broken down by the acid in your stomach. It is important not to damage the pellets.

**What to do if you have trouble swallowing the tablets**

- If you have trouble swallowing the tablets:
  - Put them into a glass of still (non-fizzy) water. Do not use any other liquids.
  - Stir until the tablets break up (the mixture will not be clear). Then drink the mixture straight away or within 30 minutes. Always stir the mixture just before drinking it.
  - To make sure that you have drunk all of the medicine, rinse the glass very well with half a glass of water and drink it. The solid pieces contain the medicine - do not chew or crush them.
- If you cannot swallow at all, the tablet can be mixed with some water and put into a syringe. It can then be given to you through a tube directly into your stomach ('gastric tube').

**Children under the age of 12 years**

Esomeprazole gastro-resistant tablets are not recommended for children less than 12 years old. For treatment of children aged 1 to 11 years other dosage forms (e.g. granulate) are available (ask your doctor or pharmacist if you require further information).

**Older people**

Dose adjustment is not required in the elderly.

**If you take more Esomeprazole gastro-resistant tablets than you should**

If you take more Esomeprazole gastro-resistant tablets than prescribed by your doctor, talk to your doctor or pharmacist straight away.

**If you forget to take Esomeprazole gastro-resistant tablets**

If you forget to take a dose, take it as soon as you remember it. However, if it is almost time for your next dose, skip the missed dose.

Do not take a double dose (two doses at the same time) to make up for a forgotten dose.

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.

**If you notice any of the following serious side effects, stop taking Esomeprazole gastro-resistant tablets and contact a doctor immediately:**

- Sudden wheezing, swelling of your lips, tongue and throat or body, rash, fainting or difficulties in swallowing (severe allergic reaction).
- Reddening of the skin with blisters or peeling. There may also be severe blisters and bleeding in the lips, eyes, mouth, nose and genitals. This could be 'Stevens-Johnson syndrome' or 'toxic epidermal necrolysis'.
- Yellow skin, dark urine and tiredness which can be symptoms of liver problems.

These effects are rare, and may affect up to 1 in 1,000 people.

Other side effect include:

**Common (may affect up to 1 to 10 people)**

- Headache.
- Effects on your stomach or gut: diarrhoea, stomach pain, constipation, wind (flatulence).
- Feeling sick (nausea) or being sick (vomiting).

**Uncommon (may affect up to 1 to 100 people)**

- Swelling of the feet and ankles.
- Disturbed sleep (insomnia).
- Dizziness, tingling feelings such as "pins and needles", feeling sleepy.
- Spinning feeling (vertigo).
- Dry mouth.
- Changes in blood tests that check how the liver is working.
- Skin rash, lumpy rash (hives) and itchy skin.
- Fracture of the hip, wrist or spine (if esomeprazole is used in high doses and over long duration).

**Rare (may affect up to 1 in 1,000 people)**

- Blood problems such as a reduced number of white cells or platelets. This can cause weakness, bruising or make infections more likely.
- Low levels of sodium in the blood. This may cause weakness, being sick (vomiting) and cramps.
- Feeling agitated, confused or depressed.
- Taste changes.
- Eyesight problems such as blurred vision.
- Suddenly feeling wheezy or short of breath (bronchospasm).
- An inflammation of the inside of the mouth.
- An infection called "thrush" which can affect the gut and is caused by a fungus.
- Liver problems, including jaundice which can cause yellow skin, dark urine, and tiredness.
- Hair loss (alopecia).
- Skin rash on exposure to sunshine.
- Joint pains (arthralgia) or muscle pains (myalgia).
- Generally feeling unwell and lacking energy.
- Increased sweating.

**Very rare (may affect up to 1 in 10,000 people)**

- Changes in blood count including agranulocytosis (lack of white blood cells)
- Aggression.

- Seeing, feeling or hearing things that are not there (hallucinations).
- Severe liver problems leading to liver failure and inflammation of the brain.
- Sudden onset of a severe rash or blistering or peeling skin. This may be associated with a high fever and joint pains (Erythema multiforme, Stevens-Johnson syndrome, toxic epidermal necrolysis).
- Muscle weakness.
- Severe kidney problems.
- Enlarged breasts in men.

**Not known (frequency cannot be estimated from the available data)**

If you are on esomeprazole for more than three months it is possible that the levels of magnesium in your blood may fall. Low levels of magnesium can be seen as fatigue, involuntary muscle contractions, disorientation, convulsions or dizziness, increased heart rate. If you get any of these symptoms, please tell your doctor promptly. Low levels of magnesium can also lead to a reduction in potassium or calcium levels in the blood. Your doctor may decide to perform regular blood tests to monitor your levels of magnesium.

- Inflammation in the gut (leading to diarrhoea).
- Rash, possibly with pain in the joints.

Esomeprazole gastro-resistant tablets may in very rare cases affect the white blood cells leading to immune deficiency.

If you have an infection with symptoms such as fever with a severely reduced general condition or fever with symptoms of a local infection such as pain in the neck, throat or mouth or difficulties in urinating, you must consult your doctor as soon as possible so that a lack of white blood cells (agranulocytosis) can be ruled out by a blood test. It is important for you to give information about your medication at this time.

**Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the national reporting system Yellow Card Scheme. Website: [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.

**5. How to store Esomeprazole Gastro-resistant Tablets**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton, and blister or bottle after EXP. The expiry date refers to the last day of that month.

Store in the original package in order to protect from light and moisture.

Esomeprazole gastro-resistant tablets should be used no longer than 100 days after first opening of the bottle.

Do not throw away any medicine via wastewate. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

**6. Content of the pack and other information**

**What Esomeprazole gastro-resistant tablets contain**

- The active substance is esomeprazole. Esomeprazole gastro-resistant tablets come in two strengths containing 20 mg or 40 mg of esomeprazole (as esomeprazole magnesium).
- The other ingredients are:

*Seal coated sugar spheres:* Sugar spheres (sucrose and maize starch), ethylcellulose, magnesium stearate

*Drug coat:* Povidone K 90, magnesium oxide, light (E 530)

*Barrier coat:* Povidone, magnesium oxide, light (E 530), magnesium stearate

*Enteric coat:* Methacrylic acid - ethyl acrylate copolymer (1:1) dispersion 30 per cent (contains sodium laurilsulfate and polysorbate 80), diethyl phthalate, talc (E 553b)

*Tablet core:* Silicified microcrystalline cellulose (microcrystalline cellulose and colloidal anhydrous silica), starlac (lactose monohydrate and maize starch), copovidone K 28, macrogol 8000, copovidone, silica colloidal, anhydrous, magnesium stearate

*Film coat:* Hypromellose (E 464), macrogol 8000, talc (E 553b), titanium dioxide (E 171), silica colloidal, anhydrous, iron oxide red (E172)

*Imprint:* Opacode S-1-17823 black ink (contains propylene glycol, iron oxide black (E172), shellac glaze)

**What Esomeprazole gastro-resistant tablets look like and contents of the pack**

**Esomeprazole 20 mg gastro-resistant tablets**

Brick-red coloured, round shape, biconvex, film-coated tablet, imprinted with "20" on one side and plain on the other side.

**Esomeprazole 40 mg gastro-resistant tablets**

Brick-red coloured, round shape, bevelled edge, biconvex, film-coated tablet, imprinted with "40" on one side and plain on the other side.

Blister (Aluminium/Aluminium) or HDPE container (HDPE container of neck finish and PP closure with induction sealing wad and a silica gel canister as desiccant).

Pack sizes:  
28 gastro-resistant tablets

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Torrent Pharma (UK) Ltd, Unit 4, Charlwood Court, County Oak Way

Crawley West Sussex, RH11 7XA United Kingdom

Telephone: (01293) 574180

Fax: (01293) 533003

E-mail: [drugsafety@torrentpharma.co.uk](mailto:drugsafety@torrentpharma.co.uk)

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**Pantone Reflex Blue C**

LOCATION : Intrad	COUNTRY : UK	Supersedes A/W No.:		
SIZE : 125 x 650 mm_Front/Back Side	CODE : 8057964-7803	DATE : 09-11-2015		
REMARK : Folding Length 38 mm				
SUBSTRATE :				
Activities	Department	Name	Signature	Date
Prepared By	Pkg.Dev			
Reviewed By	Pkg.Dev			
Reviewed By	RA			
Approved By	CQA			
This colour proof is not colour binding. Follow Pantone shade reference for actual colour matching.				



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