

## Package leaflet: Information for the user

### Tagamet 400 mg tablets

cimetidine



21A/L/e/7a

#### Pharmacode

**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 Tagamet tablets are and what they are used for

##### 2. What you need to know before you take Tagamet tablets

##### 3. How to take Tagamet tablets

##### 4. Possible side effects

##### 5. How to store Tagamet tablets

##### 6. Contents of the pack and other information

#### 1. What Tagamet tablets are and what they are used for

Tagamet tablets contain cimetidine which is a histamine H<sub>2</sub> antagonist. It helps to reduce the natural production of acid in the stomach.

They are used to treat and relieve:

- the symptoms of peptic ulcers which occur in the stomach or intestine (gut)
- oesophageal reflux disease which can be caused when food and acid from the stomach washes back into the food pipe (oesophagus). This can cause a burning feeling in the chest known as heartburn
- a rare condition called Zollinger-Ellison syndrome when the stomach produces very large amounts of acid.

This medicine may also be prescribed for a range of other medical conditions where a reduction of acid production in the stomach is needed, or to protect your stomach from other medicines (such as non-steroidal anti-inflammatories).

#### 2. What you need to know before you take Tagamet tablets

##### Do not take Tagamet tablets:

- if you are allergic to cimetidine or to any of the other ingredients of this medicine (listed in Section 6).

If this applies to you, speak to your doctor or pharmacist.

##### Warnings and precautions

Talk to your doctor before taking Tagamet tablets:

- if you have a kidney problem
- if you have a blood disease
- if you have had a peptic ulcer and are also taking a non-steroidal anti-inflammatory drug (NSAID), (e.g. ibuprofen)
- if you are pregnant or planning a pregnancy
- if you are breast-feeding.

##### Other medicines and Tagamet tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Some medicines may be affected by Tagamet or they may affect how well Tagamet will work. Tell your doctor or pharmacist if you are taking medicines which:

- control epilepsy (e.g. phenytoin). Your doctor will monitor you
- thin the blood (e.g. warfarin). Your doctor will monitor you
- treat breathing problems (e.g. theophylline)
- may cause your blood cell count to change (e.g. antibiotics)
- treat fungal (yeast) infections (e.g. ketoconazole, itraconazole, posaconazole)
- treat diabetes (e.g. glipizide, metformin)
- treat anxiety (e.g. diazepam)
- treat depression, called tricyclic antidepressants (e.g. amitriptyline)
- lower blood pressure or treat heart conditions (e.g.

- metoprolol, propranolol, nifedipine, diltiazem, procainamide)
- numb the body such as anaesthetics used in hospital (e.g. lidocaine)
- are strong pain relievers (e.g. morphine)
- suppress the immune system (e.g. ciclosporin, tacrolimus)
- treat HIV/AIDS (e.g. atazanavir)
- treat tumours or cancer (e.g. carmustine, fluorouracil, epirubicin), or if you are having radiation therapy.

##### Pregnancy and breast-feeding

DO NOT take Tagamet if you are pregnant, planning to become pregnant or breast-feeding unless advised to by your doctor.

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 any medicine.

##### Driving and using machines

Tagamet tablets are unlikely to affect your ability to operate machinery or to drive.

##### Tagamet tablets contain sodium

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

#### 3. How to take Tagamet tablets

Always take this medicine exactly as your doctor has told you. Your doctor will decide on the appropriate dose to suit your condition. Check with your doctor or pharmacist if you are not sure.

- Swallow the tablets whole with a drink of water. Take the tablets with meals or at bedtime as advised by your doctor.

##### The recommended dose is:

**Adults and the elderly:** the usual dose is 400 mg twice a day with breakfast, and at bedtime.

Your doctor will tell you the correct dose depending on your condition.

The maximum dose is 2400 mg a day.

**Use in children:** your doctor will decide on the dose according to your child's body weight.

The usual length of treatment is at least four weeks though this may be longer in some conditions. Your doctor will advise you.

##### If you take more Tagamet tablets than you should

1. Tell your doctor, pharmacist or nearest hospital casualty department immediately.
2. Take the container and any remaining tablets with you so that people can see what you have taken.
3. Do this even if you feel well.

##### If you forget to take Tagamet tablets

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

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

##### If you stop taking Tagamet tablets

If you stop your treatment too soon, your symptoms may come back.

You may feel better after a few days, but you should keep taking your medicine until the prescribed course is finished.

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

**STOP taking the tablets and seek medical help immediately** if you have any of the following **allergic reactions:**

- difficulty breathing or swallowing, swelling of the face, lips, tongue or throat
- severe itching of the skin, with a red rash or raised lumps.

**Seek immediate medical attention** if you have any of the following symptoms:

- unusual bleeding or bruising; or fever, sore throat, mouth ulcers, repeated infections or infections that will not go away. This may be due to changes in your blood
- red spots on the skin which may be painful to touch, joint pain, swollen lymph glands
- yellowing of your skin or eyes, pale faeces and dark urine, unexplained persistent nausea, stomach problems, loss of appetite or unusual tiredness. This may be due to liver changes
- confusion, hallucinations, depression
- in men: enlarged breasts, trouble getting or keeping an erection
- unexpected secretion of breast milk in men or women
- pain behind the ribs radiating towards the back, often worse when lying down, nausea, vomiting, fever. This may be due to inflammation of the pancreas
- unusually slow or fast heartbeat, irregular heartbeat and fainting
- fever, rash, nausea, aches and pains, change in colour of urine, passing more or less urine than usual or passing urine at night. These problems may indicate kidney changes
- aching or weak muscles, or aching joints.

**Tell your doctor if you get any of the following side effects:**

- diarrhoea
- dizziness
- tiredness
- mild skin rash
- headache
- hair loss.

Side effects with Tagamet tablets are usually mild and do not last long.

##### 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 (see details below). By reporting side effects you can help provide more information on the safety of this medicine.

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.

#### 5. How to store Tagamet 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 blisters and on the carton. The expiry date refers to the last day of that month.
- Blister: Do not store above 25°C. Store in the original package. Keep blister in the outer carton.
- Tablet container: Do not store above 25°C. Keep the container tightly closed. Store in the original container.
- 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 other information

##### What Tagamet tablets contain

- The active substance is cimetidine (400 mg).
- The other ingredients are: microcrystalline cellulose, povidone K 30, sodium starch glycollate, sodium laurilsulfate, colloidal anhydrous silica, magnesium stearate, macrogol 400, hypromellose (E464) and the colours titanium dioxide (E171), quinoline yellow aluminium lake (E104), indigo carmine aluminium lake (E132) and iron oxide yellow (E172). (See end of Section 2 for further information on sodium).

##### What Tagamet tablets look like and contents of the pack

- Tagamet 400 mg tablets are pale green, oblong, film-coated tablets, marked with 'Tagamet' on one side and '400' on the reverse. They are available in packs of 56, 60, 100, 250, 500 or 1000 tablets.\*

\*Not all pack sizes may be marketed.

##### Marketing Authorisation Holder

Chemidex Pharma Ltd, Chemidex House, Egham Business Village, Crabtree Road, Egham, Surrey, TW20 8RB, UK.

##### Manufacturer

Dales Pharmaceuticals Ltd, Snaygill Industrial Estate, Keighley Road, Skipton, North Yorkshire, BD23 2RW, UK.

##### This leaflet was last revised in 08/2018.

\*Tagamet' and 'Chemidex' are trade marks.



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