Package leaflet: Information for the patient

QUESTRAN® LIGHT 4g Sachets
(colestyramine)

Your medicine is available using the name QUESTRAN LIGHT 4g Sachets but it will be referred to as Questran Light throughout this leaflet.

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

1. What Questran Light is and what it is used for

Questran Light contains the active substance colestyramine. Each sachet of Questran Light contains 4g of colestyramine. Colestyramine belongs to a group of medicines called bile acid binding resins.

Questran Light is used to lower your body's level of cholesterol (a type of fat) which can cause heart disease.

This medicine works in the digestive system and absorbs the cholesterol-containing bile acids, which then pass out through the body in the faeces.

Questran Light may also be used to help stop some types of diarrhoea or itching.

2. What you need to know before you take Questran Light

Do not take Questran Light:

- if you are allergic to colestyramine or any of the other ingredients of this medicine (listed in section 6), or a similar medicine.
- if you have an illness which results in your **bile duct being completely blocked** (e.g. gall stones). Check with your doctor if you are unsure.

Warnings and precautions
Talk to your doctor or pharmacist before taking Questran Light if:

- you are in a long-term treatment with high doses of Questran Light as it may reduce the body's ability to absorb fat-soluble vitamins from the diet. These include vitamins A, D and K. Therefore, your doctor may suggest you take a vitamin supplement.
- this medicine is being given to a child where there is a family history of high blood cholesterol levels. An additional supplement of folic acid may be advised.
- you receive long-term treatment, as this can cause disturbances of the acid-base balance ("hyperchloremic acidosis"), especially if you are young and light as well as if you are suffering from renal dysfunction.
- you suffer from constipation.

Children
This medicine is **not suitable** for children **under 6 years** of age.

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

If you are taking any other medicines, it is **important** that they are taken at a different time to your dose of Questran Light.

Any other medicines should be taken **at least 1 hour before** you take your dose of Questran Light or **4 - 6 hours after** you have taken your dose of Questran Light.
This is because Questran Light may change the effects of other medicines by stopping them from working so well and Questran Light preparations can stay in the digestive system and can stop other medicines from being absorbed by the body.

Questran Light with food, drink and alcohol
It is recommended that your **alcohol** intake is kept within the recommended guidelines as advised by your doctor, as alcohol can increase your cholesterol level.

If you have been prescribed this medicine to reduce your cholesterol levels, it is recommended that you follow a low-fat diet as advised by your doctor.

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 for advice before taking this medicine. You should not take this medicine unless your doctor recommends it.

Driving and using machines
Questran Light has not been shown to impair your ability to drive or use machines.

Questran Light contains aspartame and propylene glycol
This medicine contains 30mg aspartame in each sachet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

This medicine contains 32.5mg propylene glycol (as alginate) in each sachet. If Questran Light has been prescribed for a child that is less than 5 years old, talk to your doctor or pharmacist before giving them this medicine, in particular if they use other medicines that contain propylene glycol or alcohol. If you or your child suffer from a liver or kidney disease, do not take/give this medicine unless recommended by your doctor. Your doctor may carry out extra checks while you are taking this medicine.

3. How to take Questran Light

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

<u>To lower cholesterol levels</u>
The recommended dose is 3 - 6 sachets a day. This can be taken as a single dose or divided doses up to 4 times a day.

<u>To relieve itching</u>
The recommended dose is one or two sachets each day.

<u>To manage diarrhoea</u>
The recommended dose is 3 - 6 sachets a day. This can be taken as a single dose or divided doses up to 4 times a day.

<u>Children (6 - 12 years)</u>
The dose to be given to children will depend on the child's weight, which the doctor will work out for you.

<u>Children under 6 years</u>
This medicine is not recommended for children under the age of 6.
Do not use Questran Light if you suffer from exudative or bloody diarrhoea.

<u>How to make up the sachets</u>

1. The contents of one sachet should be sprinkled evenly on to 150ml (4 - 6 fluid oz) of water or fruit juice.
2. Allow to stand for 1 or 2 minutes.
3. Once the powder has soaked into the liquid, stir or shake it to mix in thoroughly.

Do not take this medicine in its dry form as it may cause you to choke.

Questran Light can be mixed with water, fruit juice, skimmed milk, thin soups or fruit smoothies or sauces (e.g. apple sauce). Questran Light should be taken at mealtimes, but if you are taking any other medicines, it is important that they are taken at a different time to your dose of Questran Light (see information above "Other medicines and Questran Light").

Keep taking your medicine until your doctor tells you to stop. Your doctor will want you to have regular check-ups whilst you are taking this medicine.

If you take more Questran Light than you should
Go to your nearest hospital Casualty Department or tell your doctor immediately. Take the empty container and any remaining sachets with you.

If you forget to take Questran Light
If you miss a dose do not worry. Take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and continue as before.
Do not take a double dose to make up for the forgotten dose.

If you stop using Questran Light
You should not suddenly stop taking Questran Light. Discontinuing Questran Light may pose a hazard to you if a potentially toxic drug such as digital is (a medicine for heart failure) has been administered in such a way that it has an adequate effect while taking cholestyramine. In addition, oral blood thinners may have an increased effect after Questran Light has been deposited.

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.
The most frequent side effect seen is constipation. This is very common (may affect more than 1 in 10 people). To minimise this effect, you will usually start with a low dose and increase it slowly until you are taking the full number of sachets as prescribed by your doctor. This side effect usually reduces over time.

Other side effects include:

Uncommon side effects (may affect up to 1 in 100 people)
- bloating,
- wind (flatulence),
- feeling sick (nausea) or vomiting,
- diarrhoea,
- heartburn,
- anorexia, weight loss or gain,
- indigestion (dyspepsia),
- problems with your body's ability to absorb food correctly leading to grey, bulky or smelly stools (steatorrhea),
- increased tendency to bleed, which may also be seen with vitamin D, vitamin K or vitamin A deficiency (which may rarely result in night blindness),
- increased level of chloride in the blood (hyperchloremic acidosis) especially in children and patients with renal dysfunction,
- thin or brittle bones (osteoporosis),
- rash, itching, irritation of skin, tongue or around the anus.

Rare side effects (may affect up to 1 in 1,000 people)
- reports of obstruction of the intestine have been seen. Side effects occurring in unknown number of patients
- anaemia,
- oedema,
- acute abdominal pain combined with nausea/vomiting with general feeling of illness (acute abdominal symptom complex), belching,
- joint inflammation, backage,
- storage of calcium in the gall bladder, abnormal smelling urine.

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 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 Questran Light

- **KEEP ALL MEDICINES OUT OF THE SIGHT AND REACH OF CHILDREN.**
- Do not store above 30°C.
- Do not use after the expiry date printed on the carton or sachet. The expiry date refers to the last day of that month.
- If your doctor tells you to stop taking this medicine please take them back to the pharmacist for safe disposal. Only keep it if your doctor tells you to.
- If the medicine becomes discoloured or shows signs of deterioration, you should seek the advice of your pharmacist.
- 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 Questran Light contains
Each sachet contains 4g of anhydrous colestyramine.

Questran Light also contains the following inactive ingredients: xanthan gum, citric acid anhydrous, orange juice flavour, colloidal anhydrous silica, aspartame and propylene glycol alginate.

What Questran Light looks like and contents of the pack
Questran Light is an off-white powder with orange flavour.

Questran Light is available in packs of 50 sachets.

Manufacturer
Your medicine is manufactured by: Bristol-Myers Squibb, 3 Rue Joseph Monier, BP 325, 92506 Rueil-Malmaison Cedex, France.

Or

Bristol-Myers Squibb, La Goualle, BP 6, 19250, Meymac, France.

Or

Farmea, 10 Rue Bouche Thomas, Zac D'Orgemont, 49000 Angers, France.

Or

Martin Dow Pharmaceuticals, Goualle, Le Puy - Champ de Lachaud, 19250, Meymac.

Procured from within the EU and repackaged by: BModesto B.V., Minervaweg 2, 8239 DL, Lelystad, Netherlands.

Product Licence holder: Doncaster Pharma Limited, Crompton Road, Doncaster, DN2 4PW, UK.

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Please be ready to give the following information:
Product name:
QUESTRAN LIGHT 4g Sachets
Reference No: 56830/0015

Package leaflet: Information for the patient

Colestyramine Sugar Free 4g Sachets

Your medicine is available using the name Colestyramine Sugar Free 4g Sachets but it will be referred to as Colestyramine Sugar Free throughout this leaflet.

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

1. What Colestyramine Sugar Free is and what it is used for

Colestyramine Sugar Free contains the active substance colestyramine. Each sachet of Colestyramine Sugar Free contains 4g of colestyramine. Colestyramine belongs to a group of medicines called bile acid binding resins.

Colestyramine Sugar Free is used to lower your body's level of cholesterol (a type of fat) which can cause heart disease.

This medicine works in the digestive system and absorbs the cholesterol-containing bile acids, which then pass out through the body in the faeces.

Colestyramine Sugar Free may also be used to help stop some types of diarrhoea or itching.

2. What you need to know before you take Colestyramine Sugar Free

Do not take Colestyramine Sugar Free:

- if you are allergic to colestyramine or any of the other ingredients of this medicine (listed in section 6), or a similar medicine.
- if you have an illness which results in your **bile duct being completely blocked** (e.g. gall stones). Check with your doctor if you are unsure.

Warnings and precautions

Talk to your doctor or pharmacist before taking Colestyramine Sugar Free if:

- you are in a long-term treatment with high doses of Colestyramine Sugar Free as it may reduce the body's ability to absorb fat-soluble vitamins from the diet. These include vitamins A, D and K. Therefore, your doctor may suggest you take a vitamin supplement.
- this medicine is being given to a child where there is a family history of high blood cholesterol levels. An additional supplement of folic acid may be advised.
- you receive long-term treatment, as this can cause disturbances of the acid-base balance ("hyperchloremic acidosis"), especially if you are young and light as well as if you are suffering from renal dysfunction.
- you suffer from constipation.

Children

This medicine is **not suitable** for children **under 6 years** of age.

Other medicines and Colestyramine Sugar Free

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

If you are taking any other medicines, it is **important** that they are taken at a different time to your dose of Colestyramine Sugar Free.

Any other medicines should be taken **at least 1 hour before** you take your dose of Colestyramine Sugar Free or **4 - 6 hours after** you have taken your dose of Colestyramine Sugar Free.
This is because Colestyramine Sugar Free may change the effects of other medicines by stopping them from working so well and Colestyramine Sugar Free preparations can stay in the digestive system and can stop other medicines from being absorbed by the body.

Colestyramine Sugar Free with food, drink and alcohol

It is recommended that your **alcohol** intake is kept within the recommended guidelines as advised by your doctor, as alcohol can increase your cholesterol level.

If you have been prescribed this medicine to reduce your cholesterol levels, it is recommended that you follow a low-fat diet as advised by your doctor.

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 for advice before taking this medicine. You should not take this medicine unless your doctor recommends it.

Driving and using machines

Colestyramine Sugar Free has not been shown to impair your ability to drive or use machines.

Colestyramine Sugar Free contains aspartame and propylene glycol

This medicine contains 30mg aspartame in each sachet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

This medicine contains 32.5mg propylene glycol (as alginate) in each sachet. If Colestyramine Sugar Free has been prescribed for a child that is less than 5 years old, talk to your doctor or pharmacist before giving them this medicine, in particular if they use other medicines that contain propylene glycol or alcohol. If you or your child suffer from a liver or kidney disease, do not take/give this medicine unless recommended by your doctor. Your doctor may carry out extra checks while you are taking this medicine.

3. How to take Colestyramine Sugar Free

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

<u>To lower cholesterol levels</u>
The recommended dose is 3 - 6 sachets a day. This can be taken as a single dose or divided doses up to 4 times a day.

<u>To relieve itching</u>
The recommended dose is one or two sachets each day.

<u>To manage diarrhoea</u>
The recommended dose is 3 - 6 sachets a day. This can be taken as a single dose or divided doses up to 4 times a day.

<u>Children (6 - 12 years)</u>
The dose to be given to children will depend on the child's weight, which the doctor will work out for you.

<u>Children under 6 years</u>
This medicine is not recommended for children under the age of 6.
Do not use Colestyramine Sugar Free if you suffer from exudative or bloody diarrhoea.

<u>How to make up the sachets</u>

1. The contents of one sachet should be sprinkled evenly on to 150ml (4 - 6 fluid oz) of water or fruit juice.
2. Allow to stand for 1 or 2 minutes.
3. Once the powder has soaked into the liquid, stir or shake it to mix in thoroughly.

Do not take this medicine in its dry form as it may cause you to choke.

Colestyramine Sugar Free can be mixed with water, fruit juice, skimmed milk, thin soups or fruit smoothies or sauces (e.g. apple sauce). Questran Light should be taken at mealtimes, but if you are taking any other medicines, it is important that they are taken at a different time to your dose of Colestyramine Sugar Free (see information above "Other medicines and Colestyramine Sugar Free").

Keep taking your medicine until your doctor tells you to stop. Your doctor will want you to have regular check-ups whilst you are taking this medicine.

If you take more Colestyramine Sugar Free than you should
Go to your nearest hospital Casualty Department or tell your doctor immediately. Take the empty container and any remaining sachets with you.

If you forget to take Colestyramine Sugar Free
If you miss a dose do not worry. Take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and continue as before.
Do not take a double dose to make up for the forgotten dose.

If you stop using Colestyramine Sugar Free
You should not suddenly stop taking Colestyramine Sugar Free. Discontinuing Colestyramine Sugar Free may pose a hazard to you if a potentially toxic drug such as digital is (a medicine for heart failure) has been administered in such a way that it has an adequate effect while taking cholestyramine. In addition, oral blood thinners may have an increased effect after Questran Light has been deposited.

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.
The most frequent side effect seen is constipation. This is very common (may affect more than 1 in 10 people). To minimise this effect, you will usually start with a low dose and increase it slowly until you are taking the full number of sachets as prescribed by your doctor. This side effect usually reduces over time.

Other side effects include:

Uncommon side effects (may affect up to 1 in 100 people)
- bloating,
- wind (flatulence),
- feeling sick (nausea) or vomiting,
- diarrhoea,
- heartburn,
- anorexia, weight loss or gain,
- indigestion (dyspepsia),
- problems with your body's ability to absorb food correctly leading to grey, bulky or smelly stools (steatorrhea),
- increased tendency to bleed, which may also be seen with vitamin D, vitamin K or vitamin A deficiency (which may rarely result in night blindness),
- increased level of chloride in the blood (hyperchloremic acidosis) especially in children and patients with renal dysfunction,
- thin or brittle bones (osteoporosis),
- rash, itching, irritation of skin, tongue or around the anus.

Rare side effects (may affect up to 1 in 1,000 people)
- reports of obstruction of the intestine have been seen. Side effects occurring in unknown number of patients
- anaemia,
- oedema,
- acute abdominal pain combined with nausea/vomiting with general feeling of illness (acute abdominal symptom complex), belching,
- joint inflammation, backage,
- storage of calcium in the gall bladder, abnormal smelling urine.

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 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 Colestyramine Sugar Free

- **KEEP ALL MEDICINES OUT OF THE SIGHT AND REACH OF CHILDREN.**
- Do not store above 30°C.
- Do not use after the expiry date printed on the carton or sachet. The expiry date refers to the last day of that month.
- If your doctor tells you to stop taking this medicine please take them back to the pharmacist for safe disposal. Only keep it if your doctor tells you to.
- If the medicine becomes discoloured or shows signs of deterioration, you should seek the advice of your pharmacist.
- 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 Colestyramine Sugar Free contains
Each sachet contains 4g of anhydrous colestyramine.

Colestyramine Sugar Free also contains the following inactive ingredients: xanthan gum, citric acid anhydrous, orange juice flavour, colloidal anhydrous silica, aspartame and propylene glycol alginate.

What Colestyramine Sugar Free looks like and contents of the pack
Colestyramine Sugar Free is an off-white powder with orange flavour.

Colestyramine Sugar Free is available in packs of 50 sachets.

Manufacturer
Your medicine is manufactured by: Bristol-Myers Squibb, 3 Rue Joseph Monier, BP 325, 92506 Rueil-Malmaison Cedex, France.

Or

Bristol-Myers Squibb, La Goualle, BP 6, 19250, Meymac, France.

Or

Farmea, 10 Rue Bouche Thomas, Zac D'Orgemont, 49000 Angers, France.

Or

Martin Dow Pharmaceuticals, Goualle, Le Puy - Champ de Lachaud, 19250, Meymac.

Procured from within the EU and repackaged by: BModesto B.V., Minervaweg 2, 8239 DL, Lelystad, Netherlands.

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PL No: 56830/0015

Leaflet revision date: 30.01.2026

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Blind or partially sighted? Is this leaflet hard to see or read? Call +44 (0) 1302 365000 (Regulatory)

Please be ready to give the following information:
Product name:
Colestyramine Sugar Free 4g Sachets
Reference No: 56830/0015