

## What you should know about AXID® capsules (nizatidine)

Please read this leaflet carefully before you start to take your medicine. It does not contain all the information about AXID that you may need to know, so please ask your doctor or pharmacist if you have any questions. This leaflet only applies to AXID capsules.

### What is in your medicine?

Your medicine is called AXID. Its active ingredient is nizatidine. The 150mg capsules are light yellow with dark yellow and come in packs of 20 capsules. The 300mg capsules are light yellow with brown and come in packs of 10 capsules.

Each light and dark yellow capsule has 150mg of nizatidine in it, and each light yellow and brown capsule has 300mg. They also contain the inactive ingredients maize starch and silicone fluid. The 150mg capsules also have magnesium stearate in them and the 300mg capsules have povidone, carboxymethyl cellulose and talc. The gelatine capsules are both coloured with titanium dioxide (E171) and yellow iron oxide (E172) and the 300mg capsules also contain red iron oxide (E172).

AXID belongs to a group of medicines called H2-receptor antagonists, which reduce acidity in your stomach.

### Why AXID?

Axid treats ulcers at the top of the small intestine ('duodenal ulcers') and protects the intestines once they are healed. It is also used to treat and protect your stomach against ulcers that are not cancerous. AXID also treats a type of heartburn called 'reflux oesophagitis'. This is an irritation of your oesophagus, the tube that takes food and liquids into your stomach.

### Contraindications

Known hypersensitivity to H2-receptor antagonists.

### Before taking your medicine

Make sure it is safe for you to take AXID. If you answer YES to any of the following questions or you are not sure, tell your doctor or pharmacist.

- Have you ever had an allergic reaction to AXID, to any of the inactive ingredients or to any other medicine of this type? (An allergic reaction may include rash, itching, swelling or breathing difficulties.)

- Are you pregnant or could you be or are you planning to become pregnant?

- Are you breast-feeding?

- Have you ever had kidney or liver problems?
- Are you taking any other medication, even medication not prescribed by your doctor?

### Effects on ability to drive and use machines

None stated

### Taking your medicine

- Follow your doctor's instructions. Check the label for how many capsules to take and how often to take them.

#### The dose will depend on your illness:

- Duodenal or benign stomach ulcer: one 300mg capsule in the evening, or one 150 mg capsule in both the morning and evening. You will usually be given enough capsules for 4 weeks, but you may need to take them for another 4 weeks.

- Protecting a healed duodenal or stomach ulcer: one 150 mg capsule in the evening.

- Reflux oesophagitis: usually one 150mg capsule twice a day for up to 3 months.

**If you are not sure how many capsules to take, ask your doctor or pharmacist.**

- Swallow the capsules with water.

- You do not have to take AXID capsules with food and you may take them if you are also taking antacids.

- You must take the capsules for as long as your doctor has told you to.

- If you miss a dose, wait and take it as your next dose. After that, just carry on as before.

- If you ever take too many capsules, go to the nearest hospital casualty department or tell your doctor at once.

- Do not give AXID to children.

### Overdose

There is little experience of overdose in humans. Tested at very high doses in animals, nizatidine has been shown to be relatively non-toxic. Animal studies suggest that cholinergic-type effects, including lacrimation, emesis, miosis, and diarrhea, may occur following very large oral doses.

**Treatment:** Symptomatic and supportive therapy is recommended. Activated charcoal, emesis, or lavage may reduce nizatidine absorption. The ability of haemodialysis to remove nizatidine from the body has not been conclusively demonstrated. However, this method is not expected to be efficient, since nizatidine has a large volume of distribution.

### Undesirable effects

- AXID may cause side-effects such as an itching skin rash, feeling sweaty or sleepy. Very occasionally patients have developed liver problems or jaundice. If you have any of these side effects, tell your doctor.

- A few patients have had nausea, fever, bruising, aching muscles or joints, impotence or swollen breast tissue (in men), have felt confused or have had altered blood test results. It is not known whether nizatidine can cause these symptoms. Very rarely there have been serious allergic reactions. (An allergic reaction may include difficulty breathing, swollen throat or rash.)

- If you have any other ill-effects, tell your doctor. He or she has more information and will tell you what to do.

### How to store your medicine

- Do not take Axid after the 'Expiry' date.

- Do not keep your capsules above 30°C. Store them away from light and humidity in a safe place where children cannot see or reach them. Your capsules could harm them.

- Do not use them if there are visible signs of any deterioration.

- If your doctor tells you to stop taking the capsules, we suggest you take them back to the pharmacist who will dispose of them safely. Only keep them if your doctor tells you to.

**REMEMBER:** This medicine is for you. Only a doctor can prescribe it for you. Never give it to others. It may harm them, even if their symptoms are the same as yours.

### AVAILABILITY

AXID 150 mg available in packs of 20 capsules.

Reg. N° Lebanon 24142

AXID 300 mg available in packs of 10 capsules.

Reg. N° Lebanon 24143

Date of last revision of this leaflet: September 2005.

#### This is a medicament

- A medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.

- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.

- The doctor and the pharmacist are experts in medicine, its benefits and risks.

- Do not by yourself interrupt the period of treatment prescribed for you.

- Do not repeat the same prescription without consulting your doctor.

Keep medicaments out of reach of children

Council of Arab Health Ministers - Union of Arab Pharmacists

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