

Xepamet Film-Coated Tablet

Cimetidine 200mg, 400mg

What is in this leaflet:

1. What Xepamet is used for
2. How Xepamet works
3. Before you use Xepamet
4. How to use Xepamet
5. While you are using it
6. Side effects
7. Storage and disposal of Xepamet
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of revision
11. Serial number

What is Xepamet used for

- Treatment and prevention of recurrence for ulcers in the stomach and small intestines, including those associated with nonsteroidal anti-inflammatory drugs (NSAIDs).
- Treats heartburn and acid indigestion, where the stomach contents (food or liquid) leak backwards from the stomach into the oesophagus (the tube from the mouth to the stomach), medically known as gastroesophageal reflux disease (GORD).
- Treatment for Zollinger-Ellison syndrome, i.e. increased production of gastrin, a hormone which stimulates secretion of gastric acid.
- Indigestion which is characterized by pain and non-ulcer related.
- Prevents stress ulcer in patients at risk of stomach or small intestines bleeding.
- Before general anaesthesia in patients at risk of acid aspiration, where the stomach contents (food or liquid) leak backwards from the stomach into the lung, particularly in patients going for delivery.
- To reduce malabsorption and fluid loss in patients with short bowel syndrome.
- As an adjunct to enzyme supplement therapy to patients with pancreatic enzyme insufficiency. Pancreatic enzyme helps in breaking down of fats.

How Xepamet works

Cimetidine is a histamine H₂-antagonist, where it inhibits stimulation of gastric acid production.

Before you use Xepamet

When you must not use it

Do not use Xepamet if you are allergic to Cimetidine or any other ingredients in this medicine.

Before you start to use it

Tell your doctor or pharmacist before using Xepamet if you:

- are pregnant or plan to get pregnant.
- are breast-feeding or plan to start breast-feeding.
- have liver disease or kidney problems.
- have other gastrointestinal disorders.

Taking other medicines

Tell your doctor or pharmacist if you are taking or having recently taken any other medicines. This includes any medicines which you have bought without a prescription.

How to use Xepamet

How much to use

Adults

• General:

Twice daily: 400mg. To be taken in the morning and at bed time; Or

Three times daily: 200mg in the morning and afternoon, 400mg at bed time.

• Treatment of ulcers in the stomach and small intestines:

800mg daily at bed time

Healing usually occurs within 4 weeks.

For stomach ulcer, further use for another 2 weeks if needed.

• Prevention of recurrent ulcer:

400mg once at bedtime; Or

400mg in the morning and at bedtime.

• Treatment for GORD:

400mg four times daily for 4-8 weeks.

Taken with meals and at bedtime.

• Treatment for Zollinger-Ellison syndrome:

400mg four times daily. Occasionally increased to a total of 2.4g daily.

• Prevention of stress ulcer in patients at risk of stomach or small intestines bleeding:

200mg or 400mg every 4 to 6 hours.

• Prevention of acid aspiration:

400mg given 90 to 120 minutes before anaesthesia or at the start of delivery.

• As an adjunct to enzyme supplement therapy in pancreatic enzyme insufficiency:

0.8g – 1.6g daily in 4 divided doses before meals.

• Non-ulcer related indigestion:

200mg twice daily after breakfast and at bedtime.

• NSAIDs induced lesions:

800mg once at bedtime; Or

400mg in the morning and at bedtime.

Healing usually occurs within 4 weeks.

Maintenance dose: 400mg at bedtime.

Children over 1 year: 25-30mg/kg daily in divided doses.

When to use it

Follow the prescription from your doctor or pharmacist.

How long to use it

Follow the prescription from your doctor or pharmacist. Ask your doctor or pharmacist before prolonged use of this medicine.

If you forget to use it

Use it as soon as you remember, unless it is nearly time for your next dose, skip the missed dose. Then go on as before. Never double up on the next dose to make up for the one missed.

If you use too much (overdose)

Seek immediate medical attention if you have used too much or are worried with your condition.

While you are using Xepamet

Things you must do

- Always wash your hand before handling the medicine.
- Take the medicine at the same time each day.

Things you must not do

- Do not chew the tablet. Swallow it with water.
- Do not use this medicine by yourself without prescription from your doctor or pharmacist.

Things to be careful of

Tell your doctor or pharmacist if you:

- are allergic to Cimetidine or any other ingredients in this medicine.
- are pregnant or breast-feeding
- have liver, kidney, or gastrointestinal problems

Side effects

- Diarrhea.
- Dizziness, headache.
- Tiredness.
- Mental confusion
- Rashes.
- Hypersensitivity reactions.
- Joint and muscle pain
- Kidney disorders.
- Liver toxicity.
- Blood disorders
- Impotence in men

Seek immediate medical attention if you experience any side effects or allergic reactions.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and disposal of Xepamet***Storage***

Store below 30°C. Protect from light.

Keep out of reach of children.

Do not use this medicine after expiry date.

Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product description***How it looks like***

Light green, film-coated tablet.

Available in blister strips of 10's in packing of 60 tablets per box.

Ingredients***Active ingredients***

Cimetidine Hydrochloride.

Inactive ingredients

Sodium Starch Glycolate, Lactose 200, Quinoline Yellow lake, Maize Starch, Purified Water, Aerosil 200, FDC Blue No1, Povidone K-30, Microcrystalline Cellulose, Opadry White II, Dioctyl Sodium Sulfosuccinate, Isopropyl Alcohol, Magnesium Stearate.

Registration Number

Xepamet Film-Coated Tablet 200mg:
MAL19930597A

Xepamet Film-Coated Tablet 400mg:
MAL19930598A

Manufacturer and Product Registration**Holder**

Xepa-Soul Pattinson (Malaysia) Sdn Bhd
1-5 Cheng Industrial Estate,
75250 Melaka, Malaysia.

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