

# Pharmacy Action Heartburn Relief

## Consumer Medicine Information (CMI) Summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using Pharmacy Action Heartburn Relief?

Pharmacy Action Heartburn Relief contains the active ingredient pantoprazole sodium sesquihydrate. Pharmacy Action Heartburn Relief is used for lasting symptomatic relief of frequent heartburn and stomach acid complaints due to gastro-oesophageal reflux disease (GORD).

For more information, see Section [1. Why am I using Pharmacy Action Heartburn Relief?](#) in the full CMI.

### 2. What should I know before I take Pharmacy Action Heartburn Relief?

Do not take Pharmacy Action Heartburn Relief if you have ever had an allergic reaction to pantoprazole or any of the ingredients listed at the end of the CMI.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use Pharmacy Action Heartburn Relief?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with Pharmacy Action Heartburn Relief and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I take Pharmacy Action Heartburn Relief?

- Take one (1) Pharmacy Action Heartburn Relief enteric coated tablet everyday (once every 24 hours).
- If you are not sure, ask your pharmacist or doctor how to take your medicine.

More instructions can be found in Section [4. How do I use Pharmacy Action Heartburn Relief?](#) in the full CMI.

### 5. What should I know while using Pharmacy Action Heartburn Relief?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist or pharmacist you visit that you are using Pharmacy Action Heartburn Relief.</li><li>• If you are going to have surgery or an endoscopy, tell your doctor that you are taking Pharmacy Action Heartburn Relief.</li><li>• If you become pregnant while taking this medicine, tell your doctor or pharmacist immediately.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop using this medicine suddenly.</li><li>• Do not give Pharmacy Action Heartburn Relief to children or adolescents under 18 years of age.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Pharmacy Action Heartburn Relief may cause dizziness and visual disturbances. If affected, do not drive or operate machinery.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• You may be advised to limit your alcohol intake.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep your tablets in their blister pack until it is time to take them.</li><li>• Keep Pharmacy Action Heartburn Relief tablets in a cool dry place where the temperature stays below 25°C.</li></ul>

For more information, see Section [5. What should I know while using Pharmacy Action Heartburn Relief?](#) in the full CMI.

### 6. Are there any side effects?

Pharmacy Action Heartburn Relief may have some common side effects like headache, dizziness, diarrhoea, constipation, dry mouth, blurred vision, etc.

Serious side effects include unusual tiredness or weakness, nausea, vomiting, chest pain, fast heartbeat, loss of appetite, increased or decreased need to urinate, high blood pressure, water retention, swelling, etc.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# Pharmacy Action Heartburn Relief

Active ingredient(s): *pantoprazole sodium sesquihydrate*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using Pharmacy Action Heartburn Relief. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Pharmacy Action Heartburn Relief.**

Where to find information in this leaflet:

- [1. Why am I using Pharmacy Action Heartburn Relief?](#)
- [2. What should I know before I use Pharmacy Action Heartburn Relief?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Pharmacy Action Heartburn Relief?](#)
- [5. What should I know while using Pharmacy Action Heartburn Relief?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

## 1. Why am I taking Pharmacy Action Heartburn Relief?

Pharmacy Action Heartburn Relief contains the active ingredient pantoprazole sodium sesquihydrate.

Pharmacy Action Heartburn Relief belongs to a group of medicines called proton pump inhibitors (PPIs). It works by decreasing the amount of acid the stomach makes to give relief from the symptoms.

Pharmacy Action Heartburn Relief is used for lasting symptomatic relief of frequent heartburn and stomach acid complaints due to gastro-oesophageal reflux disease (GORD).

These symptoms can be caused by "washing back" (reflux) of food and acid from the stomach into the food pipe, also known as the oesophagus.

Reflux can cause a burning sensation in the chest rising up to the throat, also known as heartburn.

Frequent heartburn is when you have heartburn for two or more days a week. Heartburn that occurs frequently is a typical symptom of GORD.

Pharmacy Action Heartburn Relief is not the right medicine for you if you suffer heartburn only occasionally (one episode of heartburn a week or less), or if you want immediate relief of heartburn.

**Pharmacy Action Heartburn Relief will start to suppress acid within a few hours; however it is not intended to provide instant symptom relief. For effective, lasting relief, you should take a full course of Pharmacy Action Heartburn Relief** (see 'How to take Pharmacy Action Heartburn Relief' below).

**Pharmacy Action Heartburn Relief is not addictive.**

Pharmacy Action Heartburn Relief is for use by adults over 18 years of age.

## 2. What should I know before I use Pharmacy Action Heartburn Relief?

### Warnings

**Do not use Pharmacy Action Heartburn Relief if:**

- you are allergic to pantoprazole, or any other PPI (such as omeprazole, rabeprazole or lansoprazole) or any of the ingredients listed at the end of this leaflet. Some symptoms of an allergic reaction include skin rash, itching, shortness of breath or swelling of the face, lips or tongue, which may cause difficulty in swallowing or breathing.
- you have severe liver disease or cirrhosis.
- you have recently had trouble swallowing, pain when swallowing, persistent vomiting or experienced unintended weight loss.
- have recently vomited blood, had black stools or notice blood in your stools.
- are taking atazanavir or nelfinavir (anti-viral medications).
- are pregnant, intend to become pregnant, are breastfeeding or wish to start breastfeeding.

Always check the ingredients to make sure you can use this medicine.

**Tell your doctor if you:**

- have any other medical conditions like:
  - jaundice, liver problems or anaemia;
  - a feeling of weakness or you look pale;
  - previously taken heartburn/indigestion medications continuously for 4 or more weeks;
  - persisting heartburn symptoms despite taking Pharmacy Action Heartburn Relief (or other similar medicines) continuously for 2 weeks, or your symptoms have recently changed;
  - been told by your doctor that you have a stomach ulcer, or gastrointestinal surgery is planned;
  - heartburn/indigestion symptoms for the first time and you are over 40 years of age;
  - a scheduled endoscopy (investigation of your stomach lining performed by a specialist);
- any allergies to any medicines or other substances, such as foods, preservatives or dyes.
- have take any medicines for any other condition

Your pharmacist or doctor can provide specific advice on whether you should take Pharmacy Action Heartburn Relief.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor them. See additional information under Section [6. Are there any side effects?](#)

### **Pregnancy and breastfeeding**

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

### **3. What if I am taking other medicines?**

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

**Some medicines may interfere with Pharmacy Action Heartburn Relief and affect how it works. These include:**

- warfarin, phenprocoumon – medicines used to prevent blood clots (blood thinners);
- atazanavir, nelfinavir – medicines used to treat viral infections such as HIV;
- ketoconazole, itraconazole, posaconazole – medicines used to treat fungal infections;
- methotrexate – a medicine used to treat arthritis and some types of cancer;
- erlotinib or related medicines used to treat cancer;
- tacrolimus, mycophenolate mofetil – medicines used to suppress the immune system;
- fluvoxamine – a medicine used to treat anxiety and depression.

You may need different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your pharmacist or doctor has more information on medicines to be careful with or to avoid while taking Pharmacy Action Heartburn Relief. **Check with them if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Pharmacy Action Heartburn Relief.**

### **4. How do I take Pharmacy Action Heartburn Relief?**

The directions for use are included on the Medicine Information panel on the pack.

If you do not understand the instructions on the pack, ask your pharmacist or doctor for help.

Follow all directions given to you by your pharmacist or doctor. They may differ from the information contained in this leaflet.

**Swallow your tablets whole with a little water with or without food.**

**Do not crush or chew the tablets.** Pharmacy Action Heartburn Relief tablets have a special coating to protect them from the acidic contents of your stomach. For Pharmacy Action Heartburn Relief to work effectively, this coating must not be broken.

### **How long to take**

For effective, lasting relief, take Pharmacy Action Heartburn Relief strictly according to the directions on your pack.

Pharmacy Action Heartburn Relief tablets should be taken for at least 7 days, and up to 14 days.

If you purchased the pack containing 7 days' supply and you need to take it for longer than 7 days, ask your pharmacist for advice.

**Do not take beyond 14 days without consulting your doctor.**

Pharmacy Action Heartburn Relief is not intended to provide instant relief from your heartburn/indigestion symptoms.

### **If you forget to take Pharmacy Action Heartburn Relief**

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.** Otherwise, take it as soon as you remember, and then go back to taking it as you would normally.

**Do not take a double dose to make up for the dose you missed.** This may increase the chance of you getting an unwanted side effect. If you are not sure what to do, ask your pharmacist or doctor. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

### **If you use too much Pharmacy Action Heartburn Relief**

Immediately telephone your doctor or Poisons Information Centre for advice (13 11 26) or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much Pharmacy Action Heartburn Relief.

You may need urgent medical attention. Keep telephone numbers for these places handy.

**You should do this even if there are no signs of discomfort or poisoning.**

## 5. What should I know while taking Pharmacy Action Heartburn Relief?

### Things you should do

#### Call your doctor if:

- you do not feel better while taking Pharmacy Action Heartburn Relief.
- your symptoms recur within 2 weeks of completing the course
- you are about to have any blood tests, tell your doctor that you are taking this medicine. It may interfere with the results of some tests.
- your doctor if your reflux symptoms return after you stop taking this medicine. The symptoms of reflux may return after stopping this medicine suddenly, especially if you have taken it for a while.

### Things to be careful of

Some self-help measures suggested below may help your condition. Talk to your doctor or pharmacist about these measures and for more information.

**Aspirin and many other medicines used to treat arthritis, period pain, headaches:** These medicines may irritate the stomach and may make your heartburn/indigestion symptoms worse. Your doctor or pharmacist may suggest other medicines you can take.

**Caffeine:** You may be advised to limit the number of drinks which contain caffeine, such as coffee, tea, cocoa and cola drinks, because they contain ingredients that may irritate your stomach.

**Eating habits:** Eat smaller, more frequent meals. Eat slowly and chew your food carefully. Try not to rush at mealtimes.

**Smoking:** It is advisable that you stop smoking or at least cut down.

**Weight:** You may be advised that losing some weight will help your reflux/indigestion symptoms.

### Driving or using machines

#### Be careful before you drive or use any machines or tools.

Pharmacy Action Heartburn Relief may cause dizziness and visual disturbances. Do not drive or operate machinery while taking Pharmacy Action Heartburn Relief.

### Drinking alcohol

#### Tell your doctor if you drink alcohol.

### Looking after your medicine

Follow the instructions on the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink; or
- in the car or on window sills.

Heat and dampness can destroy some medicines.

**Keep it where young children cannot reach it.** A locked cupboard at least one-and-a-half metres above the ground, is a good place to store medicines.

### When to discard your medicine

**If you stop taking Pharmacy Action Heartburn Relief or the tablets have passed their expiry date, ask your pharmacist what to do with any tablets that are left over.**

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

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

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### Less serious side effects

Less serious side effects	What to do
<p><b>Digestion related:</b></p> <ul style="list-style-type: none"> <li>• nausea or vomiting;</li> <li>• pain, discomfort or excessive gas in the stomach or bowel;</li> <li>• indigestion;</li> </ul> <p><b>Skin related:</b></p> <ul style="list-style-type: none"> <li>• mild skin reactions such as itchiness and rash</li> </ul> <p><b>Miscellaneous:</b></p> <ul style="list-style-type: none"> <li>• mild weakness, tiredness or sleep disturbances;</li> <li>• increased sweating or body temperature;</li> <li>• metallic taste;</li> </ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

These are the more common side effects of Pharmacy Action Heartburn Relief. It helps most people with heartburn/indigestion, but it has been uncommonly associated with such unwanted side effects.

## Serious side effects

Serious side effects	What to do
<p><b>Skin related:</b></p> <ul style="list-style-type: none"><li>skin problems such as itchiness and rash, swelling, blistering or peeling of the skin or rash when exposed to the sun possibly with pain in the joints and general fever;</li></ul> <p><b>Bone related:</b></p> <ul style="list-style-type: none"><li>bone fracture of the hip, wrist or spine (mainly a risk in people who take high doses of PPIs or use them long term (a year or longer));</li></ul> <p><b>Miscellaneous:</b></p> <ul style="list-style-type: none"><li>weakness, dizziness or fainting;</li><li>shortness of breath;</li><li>feeling generally unwell, fever, itching, yellowing of the skin and eyes, and dark coloured urine or bowel movements;</li><li>blood in the urine;</li><li>bleeding or bruising more easily than normal;</li><li>swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing;</li><li>frequent symptoms of infections such as fever, severe chills, sore throat or mouth ulcers;</li><li>depression, confusion or anxiety;</li><li>symptoms such as seizures, abnormal or fast heartbeat, jerking/shaking movements or muscle cramps. These can be a sign of low magnesium, calcium or potassium levels in your blood;</li><li>severe and/or persistent diarrhoea, because this medicine has been associated with a small increase in infectious diarrhoea.</li></ul>	<p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>

The above list includes serious side effects that may require medical attention. Serious side effects are rare or very rare.

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed above may occur in some people.

Ask your doctor or pharmacist if you do not understand some of the information in this list.

## Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available with a doctor's prescription.

### What Pharmacy Action Heartburn Relief contains

<b>Active ingredient (main ingredient)</b>	Pantoprazole (as sodium sesquihydrate)
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>Mannitol</li><li>Sodium carbonate</li><li>Sodium starch glycollate</li><li>Crospovidone</li><li>Colloidal anhydrous silica</li><li>Calcium stearate</li><li>Hypromellose</li><li>Macrogol 6000</li><li>Purified water</li><li>Sodium hydroxide</li><li>Eudragit L30-D55 (PI 3700)</li><li>Opadry AMB Aqueous Moisture Barrier Coating System 80W52172 Yellow (PI 106688)</li></ul>
<b>Potential allergens</b>	Pharmacy Action Heartburn Relief tablets do not contain gluten, lactose, sucrose, tartrazine or other azo dyes.

**Do not take this medicine if you are allergic to any of these ingredients.**

### What Pharmacy Action Heartburn Relief looks like

Pharmacy Action Heartburn Relief is available as 20 mg tablets. The tablets have an acid-resistant coating called an enteric coating.

The 20 mg tablets are yellow to pale yellow, oval-shaped, biconvex, enteric-coated tablets plain on both sides. AUST R 303946

Pharmacy Action Heartburn Relief tablets are available in blister packs containing 7 and 14 tablets\*.

\* Not all pack sizes may be marketed.

## Sponsor

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