

# Package leaflet: Information for the patient

**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 more 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.

## Helicid 20 mg hard capsules

### omeprazole

#### What is in this leaflet:

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

#### 1. What **Helicid** is and what it is used for

**Helicid** contains the active substance omeprazole. It belongs to a group of medicines called 'proton pump inhibitors'. They work by reducing the amount of acid that your stomach produces. **Helicid** is used to treat the following conditions:

##### In adults:

- Gastro-oesophageal reflux disease' (GORD). This is where acid from the stomach escapes into the gullet (the tube which connects your throat to your stomach) causing pain, inflammation and heartburn.
- Ulcers in the upper part of the intestine (duodenal ulcer) or stomach (gastric ulcer).
- Ulcers which are infected with bacteria called 'Helicobacter pylori'. If you have this condition, your doctor may also prescribe antibiotics to treat the infection and allow the ulcer to heal.
- Ulcers caused by medicines called NSAIDs (Non-Steroidal Anti-Inflammatory Drugs). **Helicid** can also be used to stop ulcers from forming if you are taking NSAIDs.
- Too much acid in the stomach caused by a growth in the pancreas (Zollinger-Ellison syndrome).

##### In children:

- Children over 1 year of age and  $\geq 10$  kg
- Gastro-oesophageal reflux disease' (GORD). This is where acid from the stomach escapes into the gullet (the tube which connects your throat to your stomach) causing pain, inflammation and heartburn.
- In children, the symptoms of the condition can include the return of stomach contents into the mouth (regurgitation), being sick (vomiting) and poor weight gain.
- Children and adolescents over 4 years of age
- Ulcers which are infected with bacteria called 'Helicobacter pylori'. If your child has this condition, your doctor may also prescribe antibiotics to treat the infection and allow the ulcer to heal.

#### 2. What do you need to know before you take **Helicid**

##### Do not take **Helicid**:

- If you are allergic to omeprazole or any of the other ingredients of this medicine (listed in section 6).
- If you are allergic to medicines containing other proton pump inhibitors (eg pantoprazole, lansoprazole, rabeprazole, esomeprazole).
- If you are taking a medicine containing nelfinavir (used for HIV infection)

Do not take **Helicid** if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking **Helicid**.

##### Warnings and precautions

- Talk to your doctor or pharmacist before taking **Helicid**.
- Helicid** may hide the symptoms of other diseases. Therefore, if any of the following happen to you before you start taking **Helicid** or while you are taking it, talk to your doctor straight away:
  - You lose a lot of weight for no reason and have problems swallowing.
  - You get stomach pain or indigestion.
  - You begin to vomit food or blood.
  - You pass black stools (blood-stained faeces).
  - You experience severe or persistent diarrhoea, as omeprazole has been associated with a small increase in infectious diarrhoea.
  - You have severe liver problems.
  - You have ever had a skin reaction after treatment with a medicine similar to **Helicid** that reduces stomach acid.
  - You are due to have a specific blood test (Chromogranin A).

If you take **Helicid** on a long-term basis (longer than 1 year) your doctor will probably keep you under regular surveillance. You should report any new and exceptional symptoms and circumstances whenever you see your doctor.

Taking a proton pump inhibitor like **Helicid**, especially over a period of more than one year, may slightly increase your risk of fracture in the hip, wrist or spine. Tell your doctor if you have osteoporosis or if you are taking corticosteroids (which can increase the risk of osteoporosis).

If you get a rash on your skin, especially in areas exposed to the sun tell your doctor as soon as you can, as you may need to stop your treatment with **Helicid**. Remember to also mention any other ill-effects like pain in your joints.

##### Children

Some children with chronic illnesses may require long-term treatment although it is not recommended. Do not give this medicine to children under 1 year of age or < 10 kg.

##### Other medicines and **Helicid**

Tell your doctor or pharmacist if you are taking, have recently taken, or might take any other medicines. This includes medicines that you buy without a prescription. This is because **Helicid** can affect the way some medicines work and some medicines can have an effect on **Helicid**.

Do not take **Helicid** if you are taking a medicine containing nelfinavir (used to treat HIV infection).

Tell your doctor or pharmacist if you are taking any of the following medicines:

- Ketoconazole, itraconazole, posaconazole or voriconazole (used to treat infections

caused by a fungus)

- Digoxin (used to treat heart problems)
- Diazepam (used to treat anxiety, relax muscles or in epilepsy)
- Phenytoin (used in epilepsy). If you are taking phenytoin, your doctor will need to monitor you when you start or stop taking **Helicid**
- Medicines that are used to thin your blood, such as warfarin or other vitamin K blockers. Your doctor may need to monitor you when you start or stop taking **Helicid**
- Rifampicin (used to treat tuberculosis)
- Atazanavir (used to treat HIV infection)
- Tacrolimus (in cases of organ transplantation)
- St John's wort (Hypericum perforatum) (used to treat mild depression)
- Clostazol (used to treat intermittent claudication)
- Saqunavir (used to treat HIV infection)
- Clopidogrel (used to prevent blood clots (thrombi))
- Erlotinib (used to treat cancer)
- Methotrexate (a chemotherapy medicine used in high doses to stop cancer) – if you are taking a high dose of methotrexate, your doctor may temporarily stop your **Helicid** treatment.

If your doctor has prescribed the antibiotics amoxicillin and clarithromycin as well as **Helicid** to treat ulcers caused by **Helicobacter pylori** infection, it is very important that you tell your doctor about any other medicines you are taking.

##### **Helicid** with food and drink

See section 3.

##### Pregnancy, breast-feeding and fertility

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 this medicine. Omeprazole is excreted in breast milk but is not likely to influence the child when therapeutic doses are used. Your doctor will decide whether you can take **Helicid** if you are breast-feeding.

##### Driving and using machines

**Helicid** is not likely to affect your ability to drive or use any tools or machines. Side effects such as dizziness and visual disturbances may occur (see section 4). If affected, you should not drive or operate machinery.

**Helicid** capsules contain sucrose and mannitol

**Helicid** capsules contain sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. Mannitol can cause mild laxative effect.

#### 3. How to take **Helicid**

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Your doctor will tell you how many capsules to take and how long to take them for.

This will depend on your condition and how old you are. The recommended dose is given below.

##### Use in adults

To treat symptoms of GORD such as heartburn and acid regurgitation:

- If your doctor has found that your food pipe (gullet) has been slightly damaged, the recommended dose is 20 mg once a day for 4-8 weeks.

Your doctor may tell you to take a dose of 40 mg for a further 8 weeks if your gullet has not yet healed.

- The recommended dose once the gullet has healed is 10 mg once a day.

- If your gullet has not been damaged, the usual dose is 10 mg once a day.

To treat ulcers in the upper part of the intestine (duodenal ulcer):

- The recommended dose is 20 mg once a day for 2 weeks. Your doctor may tell you to take the same dose for a further 2 weeks if your ulcer has not yet healed.

- If the ulcers do not fully heal, the dose can be increased to 40 mg once a day for 4 weeks.

To treat ulcers in the stomach (gastric ulcer):

- The recommended dose is 20 mg once a day for 4 weeks. Your doctor may tell you to take the same dose for a further 4 weeks if your ulcer has not yet healed.

- If the ulcers do not fully heal, the dose can be increased to 40 mg once a day for 8 weeks.

To prevent the duodenal and stomach ulcers from coming back:

- The recommended dose is 10 mg or 20 mg once a day. Your doctor may increase the dose to 40 mg once a day.

To treat duodenal and stomach ulcers caused by NSAIDs (Non-Steroidal Anti-Inflammatory Drugs):

- The recommended dose is 20 mg once a day for 4-8 weeks.

To prevent duodenal and stomach ulcers if you are taking NSAIDs:

- The recommended dose is 20 mg once a day.

To treat ulcers caused by **Helicobacter pylori** infection and to stop them coming back:

- The recommended dose is 20 mg **Helicid** twice a day for one week.

- Your doctor will also tell you to take two antibiotics among amoxicillin, clarithromycin and metronidazole.

To treat too much acid in the stomach caused by a growth in the pancreas (Zollinger-Ellison syndrome):

- The recommended dose is 60 mg daily.

- Your doctor will adjust the dose depending on your needs and will also decide how long you need to take the medicine for.

##### Use in children and adolescents

To treat symptoms of GORD such as heartburn and acid regurgitation:

- Children over 1 year of age and with a body weight of more than 10 kg may take **Helicid**. The dose for children is based on the child's weight and the doctor will decide the correct dose.

To treat ulcers caused by **Helicobacter pylori** infection and to stop them coming back:

- Children aged over 4 years may take **Helicid**. The dose for children is based on the child's weight and the doctor will decide the correct dose.

Your doctor will also prescribe two antibiotics called amoxicillin and clarithromycin for your child.

#### **Taking this medicine**

It is recommended that you take your capsules in the morning.

You can take your capsules with food or on an empty stomach.

Swallow your capsules whole with half a glass of water. Do not chew or crush the capsules. This is because the capsules contain coated pellets which stop the medicine from being broken down by the acid in your stomach. It is important not to damage the pellets.

If you take more **Helicol** than you should

If you take more **Helicol** than prescribed by your doctor, talk to your doctor or pharmacist straight away.

If you forget to take **Helicol**

If you forget to take a dose, take it as soon as you remember it. However, if it is almost time for your next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose.

If you stop taking **Helicol**

Do not stop taking **Helicol** without first talking to your doctor or pharmacist.

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.

If you notice any of the following rare but serious side effects, stop taking **Helicol** and contact a doctor immediately:

Sudden wheezing, swelling of your lips, tongue and throat or body, rash, fainting or difficulties in swallowing (severe allergic reaction).

Reddening of the skin with blisters or peeling. There may also be severe blisters and bleeding in the lips, eyes, mouth, nose and genitals. This could be 'Stevens-Johnson syndrome' or 'toxic epidermal necrolysis'.

Yellow skin, dark urine and tiredness which can be symptoms of liver problems.

#### **Other side effects include:**

Common side effects (may affect up to 1 in 10 people)

Headache.

Effects on your stomach or gut: diarrhoea, stomach pain, constipation, wind (flatulence).

Feeling sick (nausea) or being sick (vomiting).

Benign polyps in the stomach.

Uncommon side effects (may affect up to 1 in 100 people)

Swelling of the feet and ankles.

Disturbed sleep (insomnia).

Dizziness, tingling feelings such as "pins and needles", feeling sleepy.

Spinning feeling (vertigo).

Changes in blood tests that check how the liver is working.

Skin rash, lumpy rash (hives) and itchy skin.

Generally feeling unwell and lacking energy.

Rare side effects (may affect up to 1 in 1,000 people)

Blood problems such as a reduced number of white cells or platelets.

This can cause weakness, bruising or make infections more likely.

Allergic reactions, sometimes very severe, including swelling of the lips,

tongue and throat, fever, wheezing.

Low levels of sodium in the blood. This may cause weakness, being

sick (vomiting) and cramps.

Feeling agitated, confused or depressed.

Taste changes.

Eyesight problems such as blurred vision.

Suddenly feeling wheezy or short of breath (bronchospasm).

Dry mouth.

An inflammation of the inside of the mouth.

An infection called "thrush" which can affect the gut and is caused by a fungus.

Liver problems, including jaundice which can cause yellow skin, dark urine, and tiredness.

Hair loss (alopecia).

Skin rash on exposure to sunshine.

Joint pains (arthralgia) or muscle pains (myalgia).

Severe kidney problems (interstitial nephritis).

Increased sweating.

Very rare side effects (may affect up to 1 in 10,000 people)

Changes in blood count including agranulocytosis (lack of white blood cells).

Aggression.

Seeing, feeling or hearing things that are not there (hallucinations).

Severe liver problems leading to liver failure and inflammation of the brain.

Sudden onset of a severe rash or blistering or peeling skin. This may be associated with a high fever and joint pains (Erythema multiforme, Stevens-Johnson syndrome, toxic epidermal necrolysis).

Muscle weakness.

Enlarged breasts in men.

Not known (frequency cannot be estimated from the available data)

Inflammation in the gut (leading to diarrhoea).

If you are on **Helicol** for more than three months it is possible that the levels of magnesium in your blood may fall. Low levels of magnesium can be seen as fatigue, involuntary muscle contractions, disorientation, convulsions, dizziness or increased heart rate. If you get any of these symptoms, please tell your doctor promptly. Low levels of magnesium can also lead to a reduction in potassium or calcium levels in the blood.

Your doctor may decide to perform regular blood tests to monitor your levels of magnesium.

Rash, possibly with pain in the joints.

**Helicol** may in very rare cases affect the white blood cells leading to immune deficiency. If you have an infection with symptoms such as fever with a severely reduced general condition or fever with symptoms of a local infection such as pain in the neck, throat or mouth or difficulties in urinating, you must consult your doctor as soon as possible so that a lack of white blood cells (agranulocytosis) can be ruled out by a blood test. It is important for you to give information about your medicine at this time.

#### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

#### **5. How to store **Helicol****

Do not store above 25°C. Store in the original package. Keep out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

#### **6. Content of the pack and other information**

##### **What **Helicol** contains**

The active substance is omeprazole. Each capsule (hard capsule) contains 20 mg of omeprazole.

The other ingredients are: mannitol, sucrose, sodium lauryl sulfate, disodium hydrogen phosphate, calcium carbonate, hydroxy propyl methyl cellulose E5, HP55 hydroxy propyl methyl cellulose, cetyl alcohol, titanium dioxide, sodium methyl paraben, sodium propyl paraben, acetone, isopropyl alcohol, gelatin capsules.

##### **What **Helicol** looks like and contents of the pack**

Box of 14 capsules, hard of 20 mg omeprazole in plastic bottle

##### **Marketing Authorisation Holder and Manufacturer**

ZADA Pharmaceuticals Ltd  
Donji Bistarac without number  
75300 Lukavac  
Bosnia and Herzegovina

##### **Date and number of marketing authorization renewal:**

**Helicol** 20 mg hard capsules:

**Number:** 04-07.3-2-327/15

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