

## Ranitidine (ran-IT-ID-een)

### What is this medication used for

Ranitidine is used for short-term relief of heartburn, indigestion and excess acid. Ranitidine belongs to a group of medications called histamine type-2 (H2) receptor antagonists. Ranitidine works by reducing the amount of acid produced in your stomach.

### How to use this medication

#### Adults

The recommended dose is 150mg (one tablet) to be taken twice daily for up to 14 days or 300mg (2 tablets) at bedtime. It may be taken with or without food.

### Before using this medication

Medical advice should be sought before use if you have any of the following conditions or symptoms: heartburn for over 3 months, chest pain or shoulder pain with shortness of breath, sweating, pain spreading to arms, neck or shoulders, light-headedness, frequent wheezing particularly with heartburn, unexplained weight loss, nausea or vomiting, history of peptic ulcer, stomach pain particularly if you are taking a non-steroidal anti-inflammatory drug (NSAID) e.g. aspirin, ibuprofen, naproxen, diclofenac, pain when swallowing food, bloody or black sticky stools.

This medication should be avoided if you have a known history of allergy to ranitidine or any of the other listed ingredients in the product.

Please seek your doctor's or pharmacist's advice before using this medication if you are pregnant or breastfeeding.

### Interactions with other medications

Be sure to inform your doctor and/or pharmacist if you are taking, have recently taken or plan to take other medications, nutritional supplements or herbal products.

In particular, be sure to mention any of the following: anti-fungal medications (e.g. ketoconazole, itraconazole); blood-thinning medications (e.g. warfarin), NSAIDs or any anti-epileptic medications

### Side Effects

Common side effects: diarrhoea, headache, stomach pain, constipation, nausea

If you are 65 years or older, use this drug with care as you could experience more side effects.

### When to seek further medical advice

Inform your doctor and/or pharmacist immediately if you experience any allergic symptoms (e.g. rashes, itchiness, difficulty in breathing or eye swelling) or serious side effects due to this medication such as:

- Severe stomach pain
- Yellowing of the skin or eyes
- Confusion
- Unexplained fever and feeling faint, especially when standing up

Consult a doctor if condition worsens or does not improve after 14 days of use. Do not use this medication for more than 14 days without medical supervision.

### How should this medication be kept

Keep out of reach and sight of children.

Store in a cool dry place, protected from light.



Information updated 25<sup>th</sup> October 2016

Prepared by the Pharmaceutical Society of Singapore ([www.pss.org.sg](http://www.pss.org.sg))

Reviewed by the Health Sciences Authority