

## CARAFATE

*Sucralfate, tablet 1g*



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### What is in this leaflet

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Please read this leaflet carefully before you start taking CARAFATE.

This leaflet answers some common questions about CARAFATE.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you taking CARAFATE against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.** You may need to read it again.

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### What CARAFATE is taken for

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CARAFATE is taken to treat and prevent duodenal and gastric ulcers.

CARAFATE contains the active ingredient sucralfate. It belongs to a group of medicines used to treat ulcers and gastro-oesophageal reflux disease.

It works in the stomach by producing a substance that sticks to the ulcer site that protects it from the damaging action of enzymes and stomach acid which can cause ulcers

CARAFATE is not an antacid.

Your doctor or pharmacist may have recommended this medicine for another reason.

**Ask your doctor or pharmacists if you have any questions about why this medicine has been recommended for you.**

This medicine is available from your pharmacy without a prescription.

This medicine is not addictive.

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### Before you take CARAFATE

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#### ***When you must not take it***

**Do not take CARAFATE if you have an allergy to:**

- any medicine containing sucralfate
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include: shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

**Do not give this medicine to a child under the age of 18 years.**

Safety and effectiveness in children younger than 18 years have not been established.

**Do not take this medicine if you**

- are on dialysis
  - have a bleeding peptic ulcer
  - have a cancerous stomach ulcer
- have impaired kidney function.

CARAFATE contains high levels of aluminium (190 mg per tablet) which can lead to toxicity in people who have kidney problems.

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**If you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.**

#### ***Before you start to take it***

**Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- bleeding ulcer
- phosphate deficiency
- kidney problems

**Tell your doctor or pharmacist if you are pregnant or plan to become pregnant or are breast-feeding.**

Your doctor can discuss with you the risks and benefits involved.

**If you have not told your doctor about any of the above, tell them before you start taking CARAFATE.**

#### ***Taking other medicines***

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

**If you are taking any other medicines, they should be taken at least 2 hours before or after taking CARAFATE.**

You should also tell any health professional who is prescribing a new medication for you that you are taking CARAFATE

Some medicines may interfere with CARAFATE. These include:

- Antacids – these should not be taken within two hours of taking CARAFATE

This medicine may be affected by CARAFATE or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

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## How to take CARAFATE

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**Follow all directions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

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

### ***How much to take***

The usual daily dose of CARAFATE to treat an ulcer is either:

One tablet three times a day, taken one hour before meals and one tablet at bedtime

Or

Two tablets taken one hour before breakfast and two tablets at bedtime.

The usual daily dose of CARAFATE to prevent an ulcer recurring is one tablet one hour before breakfast and one tablet at bedtime.

### ***How to take it***

**Swallow the tablets whole with a full glass of water.**

The tablet has a score or break line on it. This is to allow the tablet to be broken so that it is easier to swallow and does not necessarily divide the tablet into equal halves.

### ***When to take it***

**Take your medicine at about the same time each day.**

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

**Take your medicine on an empty stomach, 1 hour before food or 2 hours after food.**

Food can interfere with the action of this medicine.

If you need to take an antacid or any other medicine take it at least two hours before or after your dose of CARAFATE.

### ***How long to take it***

**Continue taking your medicine for as long as your doctor tells you. This can be for up to 8 weeks for the treatment of an ulcer and for 12 months for the prevention of the recurrence of an ulcer.**

This medicine helps to control your condition but does not cure it. It is important to keep taking your medicine even if you feel well.

### ***If you forget to take it***

**Take the missed dose as soon as you remember, and then go back to taking your medicine as you would normally.**

**Do not take a double dose to make up for the dose that you missed.**

**If you are not sure what to do, ask your doctor or pharmacist.**

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

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## While you are taking CARAFATE

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### ***Things you must do***

**If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking CARAFATE.**

**Tell any other doctors, dentists, and pharmacists who treat you**

**that you are taking] this medicine.**

**If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.** It may affect other medicines used during surgery.

**If you become pregnant while taking this medicine, tell your doctor immediately.**

**If 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.

**Keep all of your doctor's appointments so that your progress can be checked.**

### ***Things you must not do***

**Do not take CARAFATE to treat any other complaints unless your doctor tells you to.**

**Do not give your medicine to anyone else, even if they have the same condition as you.**

**Do not stop taking your medicine or lower the dosage without checking with your doctor.**

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how CARAFATE affects you.** There have been side effects reported with this medicine that may affect your ability to drive or operate machinery. Individual responses to CARAFATE may vary.

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## In case of overdose

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### ***If you take too much (overdose)***

**Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have taken too much CARAFATE. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

Symptoms of an overdose may include constipation and nausea.

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## Side effects

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking CARAFATE**

This medicine helps most people with ulcers, but it may have unwanted side effects in a few

**All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.**

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- Constipation
- Headache
- Itchy skin
- Nausea
- Stomach discomfort
- Dry mouth
- Thirst
- Skin rash
- Back pain
- Dizziness
- Drowsiness
- Diarrhoea
- Indigestion
- Thirst
- Hives
- Vertigo
- Sleepiness

**Tell your doctor as soon as possible if you notice any of the following:**

- Tiredness, headaches, being short of breath, dizziness, looking pale and yellowing of the skin and/or eyes (anaemia)
- Seizures
- Tremors or muscle twitching
- Hallucinations/confusion
- Speech problems
- Bone pain
- Muscle weakness
- Difficulty walking

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people. Tell your doctor if you notice any other effects.

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

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## After taking CARAFATE

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### Storage

**Keep your tablets in the bottle until it is time to take them.** If you take the tablets out of the bottle they may not keep well.

**Keep your tablets in a cool dry place where the temperature stays below 30°C.**

Do not store CARAFATE or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### Disposal

**If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.**

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## Product description

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### What it looks like

CARAFATE tablets are white, uncoated capsule-shaped tablets. One side is plain, the other embossed with the word 'CARAFATE'.

### Ingredients

Active ingredient:  
CARAFATE contains 1g of sucralfate as the active ingredient.

Inactive ingredients:  
CARAFATE also contains:

- Carmellose sodium
- Macrogol 1500
- Magnesium stearate
- Microcrystalline cellulose

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## If you want to know more

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Should you have any questions regarding this product, please contact your pharmacist or doctor.

### Who supplies this medicine

CARAFATE is supplied in New Zealand by:

Viatrix Ltd  
PO Box 11-183  
Ellerslie  
AUCKLAND  
[www.viatrix.co.nz](http://www.viatrix.co.nz)  
Telephone 0800 168 169

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## Date of Preparation

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22 November 2022  
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