**Approved Patient Information Leaflet for Medicines for Human Use: TUMSIGON OTC**

**SCHEDULING STATUS:** S2

**TUMSIGON OTC 20 mg capsules**

**Omeprazole**

**Contains sugar**

Each TUMSIGON OTC capsule:

Contains sucrose 165,95 mg and lactose anhydrous 2,99 mg.

Contains sweetener mannitol 55,90 mg.

**Read all of this leaflet carefully before you start taking TUMSIGON OTC**

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor, pharmacist, nurse or other health care provider.
- TUMSIGON OTC has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

**What is in this leaflet**

1. What TUMSIGON OTC is and what it is used for

2. What you need to know before you take TUMSIGON OTC

3. How to take TUMSIGON OTC

4. Possible side effects

5. How to store TUMSIGON OTC

6. Contents of the pack and other information

**1. What TUMSIGON OTC is and what it is used for**

TUMSIGON OTC 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.

TUMSIGON OTC is used for the temporary short-term relief of heartburn and to treat conditions where the stomach produces too much acid (hyperacidity).

**2. What you need to know before you take TUMSIGON OTC**

**Do not take TUMSIGON OTC**

- if you are hypersensitive (allergic) to omeprazole or any of the other ingredients of TUMSIGON OTC (listed in section 6).
- If you are allergic to medicines that have a benzimidazole in their structure such as other proton pump inhibitors (e.g. pantoprazole, lansoprazole, rabeprazole, esomeprazole).
- if you are pregnant or breastfeeding.
- if you are taking a medicines called nelfinavir and atazanavir (used for HIV infection).

**Warnings and precautions**

Take special care with TUMSIGON OTC

TUMSIGON OTC may hide the symptoms of other diseases.

Therefore, if any of the following happen to you before you start taking TUMSIGON OTC, 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, tarry stools (blood-stained faeces)

Tell your doctor if you:

- experience severe or persistent diarrhoea, as TUMSIGON OTC has been associated with an increased risk of infectious diarrhoea
- have kidney problems as TUMSIGON OTC can cause a type of kidney problem (acute interstitial nephritis). Some people who take proton pump inhibitor (PPI) medicines, including TUMSIGON OTC, may develop a kidney problem called acute nephritis that can happen at any time during treatment with TUMSIGON OTC. Call your doctor right away if you have a decrease in the amount that you urinate or if you have blood in your urine.
- are taking a medicine called atazanavir or nelfinavir (see Section 2, Do not take TUMSIGON OTC)
- have liver problems, therefore your doctor may want to reduce your dose
- are taking a medicine called clopidogrel (used to prevent blood clots)
- get a rash or skin reaction, especially after being exposed to the sun, after treatment with TUMSIGON OTC. Sometimes the rash or skin reaction can be accompanied by other ill-effects like pain in your joints. Tell your doctor as soon as you can, as you may need to stop your treatment with TUMSIGON OTC
- start suffering from stomach infections and runny tummy (diarrhoea) that does not improve.
- are due to have a specific blood test (Chromogranin A) used to diagnose tumours arising from neuroendocrine cells (nerve cells that receive messages (signals) from the nervous system and respond by making and releasing hormones). TUMSIGON OTC treatment should be stopped for at least 5 days before the blood test measurements are taken as it increases the Chromogranin A levels

- are taking methotrexate, a medicine used to treat cancer, rheumatoid arthritis and psoriasis
- are taking St. John's Wort, a medicine to treat mild depression
- are taking rifampicin an antibiotic to treat tuberculosis.

You should report any new and exceptional symptoms and circumstances whenever you see your doctor.

**Children**

There is only a limited amount of experience with the use of omeprazole, as in TUMSIGON OTC in children. Do not give this medicine to children under 1 year of age or < 10 kg.

**Other medicines and TUMSIGON OTC**

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

**TUMSIGON OTC may have effects on other medicine**

***TUMSIGON OTC may weaken the effect of the following medicines***

- Nelfinavir and atazanavir (used to treat HIV infection) – the blood levels may be decreased when taken together with TUMSIGON OTC and may cause the HIV to become resistant to this HIV medicine and cause it to stop working effectively. You must not take TUMSIGON OTC with nelfinavir and atazanavir.
- Clopidogrel (used to treat blood clots) – taking TUMSIGON OTC capsules together with clopidogrel or 12 hours apart results in a lower concentration of clopidogrel in the blood, thereby weakening the blood thinning effect and

increasing the risk of blood clotting. You should not use TUMSIGON OTC if you are taking medicine containing clopidogrel.

- Ketoconazole, itraconazole, posaconazole (used to treat infections caused by a fungus).
- Erlotinib (used to treat cancer).

***TUMSIGON OTC may strengthen the effect of the following medicines***

- Digoxin (used to treat heart problems) – this may lead to digoxin poisoning. If you are elderly and/or taking high doses of digoxin your doctor may want to monitor your blood levels.
- Warfarin or other vitamin K blockers (used to thin the blood) – this may lead to excessive bleeding. Your doctor may need to take regular blood tests to check how well your blood can clot.
- Cilostazol (used to improve the symptoms of a certain blood flow problem in the legs e.g. pain in the legs that worsens when walking and improves when resting that is caused by narrowing of the blood vessels that supply blood to the legs).
- Diazepam (used to treat anxiety, relax muscles or in epilepsy). This can cause you to fall into a deep sleep or experience blurred or double vision.
- Phenytoin (used to treat epilepsy) - Your doctor may need to take blood tests to check your phenytoin blood levels.
- Tacrolimus (used to prevent rejection of transplanted organs). Your doctor may need to take blood tests to check the tacrolimus concentrations in your blood and to check your kidney function (creatinine clearance) and then may adjust your dosage of tacrolimus if needed.
- Saquinavir (used to treat HIV infection).
- Methotrexate (used to treat certain types of cancer or to control severe psoriasis or rheumatoid arthritis). If you are taking a high dose of methotrexate, your

doctor may temporarily stop your TUMSIGON OTC treatment.

**Other medicines may interact with TUMSIGON OTC**

***The following medicines may increase the blood levels of omeprazole and strengthen the effect of TUMSIGON OTC or lead to more unwanted side effects***

- voriconazole (used to treat infections caused by a fungus)
- clarithromycin (an antibiotic used to treat bacterial infections)

***The following medicines may decrease the blood levels of omeprazole and weaken the effect of TUMSIGON OTC***

- Rifampicin (used to treat tuberculosis)
- St John's wort (*Hypericum perforatum*) (a complementary medicine used to treat mild depression)

**TUMSIGON OTC with food and drink**

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

Swallow the capsules whole with a half glass of liquid.

**Pregnancy and breastfeeding**

Do not take TUMSIGON OTC capsules if you are pregnant or breastfeeding.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

**Driving and using machines**

TUMSIGON OTC capsules may cause sleepiness/drowsiness and affect your ability to concentrate. These side effects may be worsened by taking TUMSIGON OTC capsules together with alcohol or other central nervous system depressants (medicines used to slow down brain activity and that may make you sleepy; such as cold or allergy medicine, sleeping pills, muscle relaxers, and medicines for seizures, depression or anxiety). Other side effects such as dizziness, visual disturbances and vertigo (a sensation of feeling off balance) may occur (see section 4).

If you are affected, do not drive or use machinery.

**Excipients sucrose and lactose**

TUMSIGON OTC contains the sugars sucrose and lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

**Excipient mannitol**

TUMSIGON OTC contains the sweetener mannitol which, on rare occasions, may cause hypersensitivity reactions and may have a mild laxative effect.

## 3. How to take TUMSIGON OTC

Do not share medicines prescribed for you with any other person.

Always take TUMSIGON OTC exactly as instructed in this leaflet. Check with your doctor or pharmacist if you are not sure.

**Dosage**

- TUMSIGON OTC is only for short-term use.
- Take one TUMSIGON OTC capsule per day, before or during breakfast.
- The maximum dose is one capsule per day for a maximum period of 14 days.
- If your symptoms have not gone away after 14 days of continuous treatment, consult your doctor.
- You should not take more than three 14-day courses of TUMSIGON OTC in a 12-month period without consulting your doctor as your doctor may decide to conduct further investigations.
- The use of TUMSIGON OTC for longer than 14 days, or more often than three times in a 12-month period is not advised unless you are under the supervision of your doctor.

If you have the impression that the effect of TUMSIGON OTC is too strong or too weak, tell your doctor or pharmacist.

**Method of administration**

- It is recommended that you take TUMSIGON OTC capsules in the morning.
- You can take your capsules with food or on an empty stomach.
- Swallow TUMSIGON OTC capsules whole with half a glass of liquid.
- 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 TUMSIGON OTC than you should**

Symptoms of overdose may include blurred vision, confusion, excessive sweating, flushing (redness of skin), headache, general feeling of being unwell, nausea (queasiness, feeling that one is about to vomit), and increased heart rate can occur.

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

**If you forget to take TUMSIGON OTC**

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 and continue as usual.
Do not take a double dose (two doses at the same time) to make up for a forgotten individual dose.

**If you stop taking TUMSIGON OTC**

Do not stop taking TUMSIGON OTC unless your doctor tells you to.

**4. Possible side effects**

TUMSIGON OTC can have side effects.

Not all side effects reported for TUMSIGON OTC are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking TUMSIGON OTC please consult your health care provider for advice.

**If any of the following happens, stop taking TUMSIGON OTC and tell your doctor immediately or go to the casualty department at your nearest hospital:**

- severe allergic reaction which causes sudden wheezing, swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing or fainting
- severe skin rash, reddening of the skin with blisters or peeling, itching, or hives (elevated patches of red or pale skin that often itch) with flushing or ulcers and bleeding in the lips, eyes, mouth, nose and genitals. This may be associated with a high fever and joint pains (these are signs and symptoms of a very serious condition called Stevens-Johnson syndrome) or a severe rash with reddening and swelling that may lead to blistering and peeling of the skin and resembles burns (toxic epidermal necrolysis)
- liver inflammation (hepatitis), which may include jaundice which can cause yellow skin, dark urine and tiredness; liver failure leading to brain damage
- symptoms such as severe (bloody or repeated watery) diarrhoea, with or without fever, abdominal pain or tenderness (you may have bowel inflammation caused by a bacterial infection).

These are very serious side effects. If you have them, you may have had a serious reaction to TUMSIGON OTC. You may need urgent medical attention or hospitalisation.

**Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:**

- signs of infection, such as high temperature, chills, shivering, sore throat, mouth ulcers, headaches, sweating, flu-like symptoms or weakness, bleeding or bruising easily, pale skin and/or breathlessness. This may be the result of blood disorders (such as agranulocytosis (lack of white blood cells), neutropenia (lower-than-normal levels of neutrophils, a type of white blood cell) and pancytopenia (low counts for all three types of blood cells: red blood cells, white blood cells, and platelets)
- experiencing tiredness, a lack of energy and enthusiasm, intermittent muscular spasms or cramps, mental confusion, disorientation, sudden, violent, irregular, involuntary muscle contraction, dizziness and abnormal heart rhythms. These can be symptoms of low blood sodium and low blood magnesium (which may result in low blood calcium and/or blood potassium) and can happen if you are on TUMSIGON OTC for more than three months. Your doctor may decide to perform regular blood tests to monitor your levels of magnesium
- feeling nervous and irritable, confused, or depressed or aggressive
- seeing, feeling or hearing things that are not there (hallucinations)
- suddenly feeling wheezy or short of breath (bronchospasm)
- effects on your stomach or gut: Diarrhoea (If the diarrhoea is severe, it may be necessary to stop treatment with TUMSIGON OTC), constipation, abdominal pain or colic, non-cancerous (benign) abnormal tissue growth (polyps) in the stomach
- yeast infections (called candidiasis or thrush) in the mouth, gullet or in the gut (intestines)
- changes in blood tests that check how the liver is working
- skin rash, itchy skin, lumpy rash (hives), skin sensitivity to light

- itchy skin rash with blood spots, bruising or discolouring of the skin leading to red patches characterised by bull's-eye-shaped lesions (erythema multiforme)
- osteoporotic bone fractures of the hip, wrist or spine (osteoporosis is a condition where certain bones become brittle), joint pains (arthralgia) or muscle pains (myalgia)
- decrease in urine volumes or if you suspect that there is blood your urine or if you are experiencing weakness, nausea and loss of appetite as this may be due to severe kidney problems (acute interstitial nephritis). This can lead to chronic renal failure if it is not diagnosed quickly. Your doctor will likely discontinue your treatment with TUMSIGON OTC
- enlargement of breasts in men
- swelling of hands, ankles or feet (peripheral oedema)

These are all serious side effects. You may need urgent medical attention.

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

***Frequent side effects***

- trouble sleeping (insomnia)
- headache (If the headache is severe, it may be necessary to stop treatment with TUMSIGON OTC)
- dizziness, tingling feelings such as “pins and needles”, feeling sleepy
- sensation of feeling off balance and that you, or the environment around you, is moving or spinning (vertigo)
- feeling sick (nausea), being sick (vomiting) or wind (flatulence)
- feeling of weakness, overall discomfort, illness, or simply not feeling well (malaise).

***Less frequent side effects***

- taste changes
- blurred vision
- dry mouth or an inflammation on the inside of the mouth
- hair loss
- increased sweating.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

**Reporting of side effects**

If you get side effects, talk to your doctor or pharmacist or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of [PRODUCT NAME].

Suspected side effects can also be reported directly to the Holder of the Certificate of Registration via medsafety@austell.co.za.

**5. How to store TUMSIGON OTC**

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Protect from light.
- Keep the aluminium strip packs in the outer carton until required for use.
- Do not use TUMSIGON OTC after the expiry date stated on the strip or carton. The expiry date refers to the last day of that month.

- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets). Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## 6. Contents of the pack and other information

### What TUMSIGON OTC contains

- The active substance is omeprazole. Each TUMSIGON OTC capsule contains omeprazole 20 mg
- The other ingredients are

**Content**

Sugar pellets (consisting of sucrose and purified water)

Mannitol

Lactose anhydrous

Purified talc

Sodium lauryl sulfate

Povidone/Polyvinyl pyrrolidone (PVPK-30)

Anhydrous disodium hydrogen phosphate

Sucrose (sugar)

Hypromellose phthalate/Hydroxypropyl methylcellulose phthalate (HPMCP-55)

Cetyl alcohol

Titanium dioxide

**Capsule shell**

Gelatin

Methyl paraben

Propyl paraben

Sodium lauryl sulphate

Erythrosine (CI 45430)

Brilliant blue (CI 42090)

Quinoline yellow (CI 47005)

**What TUMSIGON OTC looks like and contents of the pack**

TUMSIGON OTC is a hard gelatin capsules size ‘2’ orange cap/clear transparent body, containing off white coloured pellets.

TUMSIGON OTC is supplied as

Clear, transparent PVDC film and printed aluminium foil blister pack of 1x14 capsules.

**Holder of Certificate of Registration**

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**Access to the corresponding Professional Information**

Professional Information for this medicine is available on the following URL:

https://austell.co.za/product-info/

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