

About your medication

ESOMEPRAZOLE

Enteric coated granules for
suspension:
(Nexium® 10mg sachets)

Other formulations (tablets) are available

*This formulation is suitable for dosing in children with enteral
feeding tubes*

WHAT IS ESOMEPRAZOLE?

Esomeprazole is a medication called a proton pump inhibitor. It is only available on a doctor's prescription

WHAT IS IT FOR?

It is used in the treatment of reflux oesophagitis (discomfort caused when stomach contents are brought up continually after feeding) and stomach ulcers. During reflux the stomach acid causes irritation of the food pipe (oesophagus). Esomeprazole is used to reduce the amount of acid made by the stomach. Taking esomeprazole can be an important part of the treatment of reflux by helping to reduce the irritation.

HOW TO TAKE THIS MEDICINE

It is important that this medication is taken only as directed and is not given to other people. The dose varies for each patient.

Esomeprazole is normally taken once a day. It does not matter whether esomeprazole is given with food or on an empty stomach.

GIVING ESOMEPRAZOLE TO BABIES OR SMALL CHILDREN

This is a granule formulation which can be made into a suspension. Your pharmacist or doctor can advise how to give esomeprazole, as there are several different methods available depending on the age and condition of your child.

Each sachet is made of enteric coated beads which have a special coating to protect the medication from the stomach acid. It is very important that the beads are not crushed, as this stops the medication from working properly.

When the granules are prepared as a suspension according to the directions below, they can be administered down an enteral feeding tube.

TO GIVE A DOSE

- Add the contents of the sachet(s) to a medicine cup and add 15mL of cool water* **per sachet.**
- Stir well and draw up appropriate dose into a syringe. Shake the syringe immediately before administration through the feeding tube
- **Caution:** product continues to thicken on standing and granules will turn black. Use within 30 minutes of preparation
- Flush the enteral feeding tube with an additional volume of water after administration to prevent tube blockages

* Cool water – cold tap water, not warm or hot. Use boiled and cooled water for infants less than 12 months.

WHAT TO DO IF A DOSE IS MISSED

If you miss a dose of the medication it can be taken as soon as you remember. Do not take the dose if there is less than 6 hours before the next dose; just take the next dose as normal. **Do not double-up on any doses.**

STORING THE MEDICINE

It is important to keep esomeprazole locked away out of the reach of children.

Do not keep the sachets in the bathroom, near the kitchen sink or in other damp, warm places because this may make them less effective. Store in a cool, dry place, away from heat and direct light.

USE OF OTHER MEDICINES

Care must be taken when using esomeprazole with some other medications. Check with your doctor or pharmacist before giving any prescription medicine or medicine purchased without prescription from a pharmacy, supermarket, or health food shop. This is important for

- phenytoin - a medicine used to treat epilepsy or fits
- warfarin - a medicine used to prevent blood clots
- ketoconazole, itraconazole, voriconazole - medicines used to treat fungal infection
- some antibiotics such as clarithromycin and rifampicin
- tacrolimus - a medicine used to assist in organ transplants

This list is not complete. Talk to your doctor or pharmacist about possible interactions with any over-the-counter or complementary medicines or recreational substances (e.g. alcohol).

POSSIBLE SIDE EFFECTS

Side effects can occur while taking esomeprazole. Some of these are not serious and will go away with time or after the dose has been changed. Others are more serious and require you to check with your doctor.

Less serious side effects include:

- nausea and/or vomiting
- diarrhoea or constipation
- headache
- skin rashes

More Serious (Contact doctor as soon as possible if any of the following occur):

- muscle pain or weakness, 'pins and needles', increased bruising
- dizziness
- changes in sleep patterns
- mood changes
- increase in breast size (males)
- fever
- signs of liver inflammation including yellowing of the skin or eyes, feeling generally unwell, nausea, vomiting, loss of appetite.

Allergic reaction (Stop medicine and see doctor immediately):

Skin rash, itching or hives, swollen mouth or lips, wheezing or difficulty breathing

IF YOU HAVE ANY QUESTIONS CONTACT



**The Royal Children's
Hospital Melbourne**

***Your or Your Child's Doctor via the RCH Switchboard
on 03 9345 5522***

OR

Pharmacy Department on 03 9345 5492

***IN CASE OF POISONING OR OVERDOSE CONTACT
POISONS INFORMATION CENTRE 13 11 26
(24 hour service)***

This leaflet answers some common questions about your/your child's medicine. It does not contain all available information. It does not take the place of talking to your/your child's doctor or pharmacist. The leaflet may differ from information in the manufacturer's Consumer Medicine Information. The information in this leaflet reflects the usage of medicine under medical supervision by patients of The Royal Children's Hospital. Medicine may be used in children in different ways or for different reasons than in adults - for more information see the leaflet "[Medicines for Children](#)". This leaflet includes information current at the time of review of the document – AUGUST 2012.
