



Ranitidine for acid reflux

This leaflet is for parents and carers about how to use this medicine in children. Our information sometimes differs from that provided by the manufacturers, because their information is usually aimed at adults. Please read this leaflet carefully. Keep it somewhere safe so that you can read it again.

Name of medicine

Ranitidine

Brand names: Ranitic®, Zantac®

Why is it important for my child to take this medicine?

In acid reflux, the contents of the stomach come back up (reflux) into the food pipe, which is painful and can damage the food pipe. Ranitidine reduces the amount of acid in the stomach, which reduces the symptoms of acid reflux.

What is ranitidine available as?

- **Tablets:** 75 mg, 150 mg, 300 mg
- **Dispersible tablets:** 150 mg, 300 mg may contain aspartame or sodium; check with your pharmacist.
- **Liquid medicine:** 75 mg or 150mg in 5 mL (may contain a small amount of alcohol); a sugar-free liquid is available.



The liquid medicine comes in two strengths. Make a note of which one you usually have and check that you have been given the right one each time.

When should I give ranitidine?

Ranitidine may be given **once, twice or three times** each day. Your doctor will tell you how often to give it.

- **Once a day:** this can be in the morning OR the evening.
- **Twice a day:** this should be once in the morning and once in the evening. Ideally, these times are 10 -12 hours apart, for example some time between 7 am and 8 am, and between 7 am and 8 pm.
- **Three times each day:** this should be once in the morning, once in the early afternoon and once in the evening. Ideally, these times are at least 6 hours apart, for example 8 am, 2 pm and 8 pm.

Give the medicine at about the same time(s) each day so that this becomes part of your child's daily routine, which will help you to remember.

How much should I give?

Your doctor will work out the amount of ranitidine (the dose) that is right for *your* child. The dose will be shown on the medicine label.



It is important that you follow your doctor's instructions about how much to give.

How should I give it?



Tablets should be swallowed with a glass of water or juice. Your child should not chew the tablets.



Effervescent tablets: Dissolve the tablet in a glass of water. You can add juice or squash to hide the taste. Your child should then drink it all either straight away or over a period of about 30 minutes. Your child should not chew these tablets.



Liquid medicine: Measure out the right amount using a medicine spoon or oral syringe. You can get these from your pharmacist. Do not use a kitchen teaspoon as it will not give the right amount.

When should the medicine start working?

The medicine will give some relief from acid reflux after about 2 hours. However, it works best when given regularly. It is therefore important that you continue to give ranitidine every day, as prescribed by your doctor, even if your child feels well.

What if my child is sick (vomits)?

- If your child is sick less than 30 minutes after having a dose of ranitidine, give them the same dose again.
- If your child is sick more than 30 minutes after having a dose of ranitidine, you **do not** need to give them another dose. Wait until the next normal dose.

If your child is sick again, seek advice from your family doctor, pharmacist or hospital.

What if I forget to give it?

If you usually give it once a day

Give the missed dose when you remember, as long as this is at least 12 hours before the next dose is due.

If you usually give it twice each day

If you remember up to 4 hours after you should have given a dose, give your child the missed dose. For example, if you usually give a dose at about 7 am, you can give the missed dose at any time up to 11 am. If you remember after that time, **do not** give the missed dose. Wait until the next normal dose.

If you usually give it three times each day

Do not give the missed dose. Wait until the next normal dose.

What if I give too much?

Ranitidine is unlikely to cause harm if you give an extra dose by mistake. If you worried that you may have given your child too much ranitidine, contact your doctor or local NHS services (details at end of leaflet). Have the medicine or packaging with you if you telephone for advice.

Are there any possible side-effects?

We use medicines to make our children better, but sometimes they have other effects that we don't want (side-effects).

Your child may get the following side-effects when they first start taking ranitidine but they should wear off. If they are still a problem after a week or you are concerned, contact your doctor.

- Your child may have stomach pain, feel sick (nausea) or be sick (vomit) or they may get diarrhoea or constipation (difficulty doing a poo). It may help to take each dose with some food.
- They may get headaches.
- Your child may feel dizzy or light-headed when they stand up, or may faint. This is because ranitidine can lower the blood pressure. Make sure they stand up slowly and sit or lie down if they feel dizzy or light-headed. If this happens often, contact your doctor to check your child's blood pressure.
- They may get a rash. It may help to apply a soothing cream that softens the skin. If the rash causes your child a lot of discomfort or continues after a few days, contact your doctor.
- Your child may feel tired.

There may sometimes be other side-effects that are not listed above. If you notice anything unusual and are concerned, contact your doctor. You can report any suspected side-effects to a UK safety scheme at www.mhra.gov.uk/yellowcard

Can other medicines be given at the same time as ranitidine?

- You can give your child medicines that contain paracetamol or ibuprofen, unless your doctor has told you not to.
- Check with your doctor or pharmacist **before** giving any other medicines to your child. This includes herbal and complementary medicines.

General advice about medicines

- Try to give the medicine at about the same times each day, to help you remember.
- Only give this medicine to *your* child. Never give it to anyone else, even if their condition appears to be the same, as this could do harm.

- If you think someone else may have taken the medicine by accident, contact your doctor or other NHS services (see details below).
- Make sure that you always have enough medicine. Order a new prescription at least 2 weeks before you will run out.
- Make sure that the medicine you have at home has not reached the 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.

Where should I keep this medicine?

- Keep the medicine in a cupboard, away from heat and direct sunlight. It does not need to be kept in the fridge. Some brands of liquid medicine do not keep for long once they have been opened. Write the date that you started it on the bottle and check the instructions on the bottle about how long you can keep it.
- Make sure that children cannot see or reach the medicine.
- Keep the medicine in the container it came in.

Who to contact for more information

Your doctor, pharmacist or nurse will be able to give you more information about ranitidine and about other medicines used to treat acid reflux.

You can also get useful information from:

England: NHS 111

Tel 111

www.nhs.uk

Scotland: NHS 24

Tel 111

www.nhs24.scot

Wales: NHS Direct

Tel 0845 46 47 (2p per minute) or 111 (free)

www.nhsdirect.wales.nhs.uk

Northern Ireland: NI Direct

www.nidirect.gov.uk

Living With Reflux www.livingwithreflux.org

www.medicinesforchildren.org.uk



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