

**PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS'
REGULATIONS (PREPARATIONS) – 1986**

This medicine is dispensed with a doctor's prescription only

**NEXIUM® 20 mg
Tablets**

Active ingredient:
Each tablet contains:
esomeprazole 20 mg
(as magnesium trihydrate)

**NEXIUM® 40 mg
Tablets**

Active ingredient:
Each tablet contains:
esomeprazole 40 mg
(as magnesium trihydrate)

Inactive ingredients and allergens: See section 2 under 'Important information about some of this medicine's ingredients' and section 6 'Further information'.

Read the entire leaflet carefully before you start using this medicine.

This leaflet contains concise information about this medicine. If you have any further questions, contact your doctor or pharmacist.

This medicine has been prescribed to treat your illness. Do not pass it on to others. It may harm them even if it seems to you that their illness is similar to yours.

1. WHAT IS THIS MEDICINE INTENDED FOR?

In adults, Nexium 20 mg and 40 mg are intended:

- For treatment of heartburn, with or without inflammation of the gullet, caused by reflux of gastric acid. Nexium reduces the production of acid and helps heal the gullet by reducing pain and inflammation.
- For treatment of ulcers in the upper part of the gut or stomach caused by *Helicobacter pylori* bacteria. Nexium in combination with suitable antibiotics treats the infection, and leads to healing of the ulcer and prevention of recurrence.
- For healing of gastric ulcer caused by use of non-steroidal anti-inflammatory drugs (NSAIDs), which are also used to treat arthritis (rheumatism).
- For prevention of formation of gastric ulcers, if you might possibly develop them as a result of taking non-steroidal anti-inflammatory drugs (NSAIDs), which are also used to treat arthritis (rheumatism).
- For prolonged treatment with Nexium tablets to prevent recurrent bleeding of a gastric or duodenal ulcer, after primary intravenous Nexium treatment.

In adolescents, Nexium 20 mg is intended:

- For treatment of heartburn, with or without inflammation of the gullet, caused by reflux of gastric acid. Nexium reduces the production of acid and helps heal the gullet by reducing pain and inflammation.
- For treatment of ulcers in the upper part of the gut or stomach caused by *Helicobacter pylori* bacteria. Nexium in combination with suitable antibiotics treats the infection, and leads to healing of the ulcer and prevention of recurrence.

In adolescents, Nexium 40 mg is intended:

- For treatment of heartburn with inflammation of the gullet, caused by reflux of gastric acid. Nexium reduces the production of acid and helps heal the gullet by reducing pain and inflammation.

Therapeutic group:

Proton pump inhibitor (the gastric acid pump).

2. BEFORE USING THIS MEDICINE

Do not use this medicine if:

- You have a known sensitivity to any of its ingredients (listed in section 6 'Further information').
- You are sensitive to another medicine from the proton pump inhibitors group (e.g., pantoprazole, lansoprazole, rabeprazole, omeprazole).
- You are taking a medicine containing nelfinavir (to treat HIV infection).

Special warnings about using this medicine

Before treatment with Nexium, tell your doctor if:

- You have severe liver problems.
- You have severe kidney dysfunction.
- You have ever had a skin reaction after treatment with a medicine similar to Nexium that reduces gastric acidity.
- You are due to have a specific blood test (chromogranin A).

Nexium may mask the symptoms of other diseases. **Therefore, if any of the following happen to you before you start Nexium or during treatment with Nexium, contact your doctor immediately:**

- You have unexplained weight loss and have difficulty swallowing
- You have abdominal pain or indigestion
- You vomit food or blood
- You have black stools (bloody stools)

If you are taking the medicine on-demand (according to the doctor's instructions), contact your doctor if your symptoms continue or change in any way.

Taking a proton pump inhibitor like Nexium, especially over a period of more than one year, slightly increases your risk of fractures in the bones of the hip, wrist or spine. Please inform the doctor if you have osteoporosis (bone depletion) or if you are taking corticosteroids (which can increase the risk of osteoporosis).

Rash and skin symptoms

If you have a skin rash, especially in areas exposed to the sun, please tell the doctor as soon as possible since you may need to stop treatment with Nexium. If you experience additional disease symptoms, such as joint pains, please report this to the doctor as well.

Serious skin rashes have occurred in patients who took the medicine (see section 4). The rash can include ulcers of the mouth, throat, nose, genitals, and conjunctivitis (red and swollen eyes). These serious skin rashes generally come after flu-like symptoms such as fever, headaches and body aches. The rash may cover large parts of the body with blistering and peeling of the skin. If during the treatment (even after several weeks) you develop a rash or any of these skin symptoms, stop taking this medicine and contact your doctor immediately.

Children and adolescents

Nexium is not for use in children under the age of 12 years.

Interactions with other medicines

If you are taking or have recently taken other medicines, including nonprescription medicines and dietary supplements tell your doctor or pharmacist. Do not take Nexium if you are being treated with a medicine that contains nelfinavir (a medicine to treat HIV infection).

Tell the doctor or the pharmacist if you are taking:

- Atazanavir (to treat HIV infection)
- Clopidogrel (a medicine used to prevent blood clots)
- Ketoconazole, itraconazole or voriconazole (used to treat infections caused by a fungus).
- Erlotinib (used to treat cancer)
- Citalopram, imipramine or clomipramine (used to treat depression)
- Diazepam (used to treat anxiety, relax muscles or in epilepsy)
- Phenytoin (for epilepsy). If you are taking phenytoin, your doctor will need to monitor you when you start or stop taking Nexium.
- Medicines that are used to thin your blood, such as warfarin. Your doctor may need to monitor you when you start or stop taking Nexium.
- Cilostazol (used to treat intermittent claudication – a pain in your legs when you walk which is caused by an insufficient blood supply)
- Cisapride (used for indigestion and heartburn)
- Digoxin (for heart problems).
- Methotrexate (a chemotherapy medicine used at high dosages to treat cancer); if you are taking a high dosage of methotrexate, your doctor may instruct you to temporarily stop treatment with Nexium
- Tacrolimus (after organ transplantation).
- Rifampicin (used to treat tuberculosis).
- St. John's wort (*Hypericum perforatum*) (used to treat depression).

If you are receiving Nexium together with clarithromycin and amoxicillin (antibiotics) to treat an ulcer caused by *Helicobacter pylori* bacteria, it is very important that you tell the doctor of any other medicine you are taking.

This medicine may affect the absorption of vitamin B12 in the body, especially if you need to take it for a long time. Contact your doctor if you notice any of the following symptoms, which could indicate low level of vitamin B12:

- Extreme tiredness or lack of energy
- Paresthesia (pins and needles)
- Tenderness or redness in the tongue, mouth ulcers
- Muscle weakness
- Vision disturbances
- Problems with memory, confusion, depression

Using this medicine and food

The tablet can be taken with food or on an empty stomach.

Pregnancy and breastfeeding

If you are pregnant, think you are pregnant or are planning to become pregnant, consult the doctor or pharmacist before taking this medicine. Your doctor will decide whether you can take the medicine during this time.

It is not known whether Nexium passes into breast milk. Therefore, do not use Nexium if you are breastfeeding.

Driving and using machines

Nexium shouldn't affect your ability to drive or use machines. However, side effects such as dizziness or blurred vision may uncommonly or rarely occur (see section 4). If you suffer from these side effects, do not drive and do not use machines.

Important information about some of this medicine's ingredients

Nexium contains sucrose (a certain type of sugar). If you have been told by your doctor that you have an intolerance to certain sugars, contact your doctor before taking this medicine.

Nexium contains less than 1 millimole **sodium** (23 mg) per tablet, that is to say essentially 'sodium free'.

3. HOW TO USE THIS MEDICINE?

Always use this medicine according to the doctor's instructions. Check with your doctor or pharmacist if you are not sure about your dose or about how to take this medicine. Only your doctor will determine your dose and how you should take this medicine.

- If you are taking this medicine for a long time (particularly if you are taking it for more than a year) the doctor may want to monitor certain things.
- If your doctor has told you to take this medicine on demand, tell your doctor if your symptoms change.

Your doctor will tell you about taking the medicine (how many tablets and when to take them). The strength of the tablet and duration of treatment are determined by the doctor; this will depend on your condition, how old you are and how well your liver works.

The recommended dose is usually:

Use in adults aged 18 and above

To treat heartburn caused by gastroesophageal reflux disease (GERD):

- If your doctor has found that your food pipe (gullet) has been slightly damaged, the recommended dosage is one Nexium 40 mg tablet once a day for 4 weeks. Your doctor may tell you to take the same dosage for a further 4 weeks if your gullet has not yet healed.
- The recommended dosage once the gullet has healed is one Nexium 20 mg tablet once a day.
- If your gullet has not been damaged, the recommended dosage is one Nexium 20 mg tablet each day. Once the condition has been controlled, your doctor may tell you to take your medicine as and when you need it, up to a maximum of one Nexium 20 mg tablet each day.
- If you have severe liver problems, your doctor may give you a lower dosage.

To treat ulcers caused by *Helicobacter pylori* infection and to stop them coming back:

- The recommended dosage is one Nexium 20 mg tablet twice a day for one week.
- Your doctor will also tell you to take antibiotics, for example amoxicillin and clarithromycin.

To treat stomach ulcers caused by NSAIDs (Non-Steroidal Anti-Inflammatory Drugs):

- The recommended dosage is one Nexium 20 mg tablet once a day for 4 to 8 weeks.

To prevent stomach ulcers if you are taking NSAIDs (Non-Steroidal Anti-Inflammatory Drugs):

- The recommended dosage is one Nexium 20 mg tablet once a day.

Prolonged treatment after prevention of rebleeding of ulcers with intravenous Nexium:

- The recommended dosage is one Nexium 40 mg tablet once a day for 4 weeks.

Use in adolescents aged 12 or above

To treat heartburn caused by gastroesophageal reflux disease (GERD):

- If your doctor has found that your food pipe (gullet) has been slightly damaged, the recommended dosage is one Nexium 40 mg tablet once a day for 4 weeks. Your doctor may tell you to take the same dosage for a further 4 weeks if your gullet has not yet healed.
- The recommended dosage once the gullet has healed is one Nexium 20 mg tablet once a day.
- If your gullet has not been damaged, the recommended dosage is one Nexium 20 mg tablet each day.
- If you have severe liver problems, your doctor may give you a lower dosage.

To treat ulcers caused by *Helicobacter pylori* infection and to stop them coming back:

- The recommended dosage is one Nexium 20 mg tablet twice a day for one week.
- Your doctor will also tell you to take antibiotics, for example amoxicillin and clarithromycin.

Instructions for use

- The tablet can be taken at any time during the day.
- The tablet can be taken with food or on an empty stomach.
- Swallow the tablets whole, with water. Do not chew or crush the tablets. This is because the tablets contain coated pellets to prevent breakdown of the medicine by the gastric acid. It is important not to damage the pellets.
- **Patients who have trouble swallowing the tablet** can put the tablet in a glass of water (do not use fizzy water or any other liquid). Stir until the tablet disintegrates (the mixture will not be clear). You can drink it immediately or within 30 minutes at the most. Stir well just before drinking. Rinse the glass with half a glass of water and drink to make sure that you have taken all of the medicine. The solid pieces contain medicine – do not chew or crush them.
- If you cannot swallow at all, the tablet can be mixed with some water and put into a syringe. It can then be given to you through a tube directly into your stomach ('gastric tube').

Do not exceed the recommended dose.

Elderly

Dose adjustment is not required in the elderly.

If you have accidentally taken a higher dose or if a child has accidentally swallowed some medicine, immediately see a doctor or go to a hospital emergency room and bring the medicine package with you.

If you forget to take this medicine at the designated time, take a dose as soon as you remember. However, if you remember close to the time for the next dose, do not take the forgotten dose; take the next dose at the designated time.

Adhere to the treatment as recommended by your doctor.

Do not take medicines in the dark! Check the label and dose every time you take medicine. Wear glasses if you need them.

If you have any further questions about using this medicine, consult your doctor or pharmacist.

4. SIDE EFFECTS

As with any medicine, using Nexium may cause side effects in some users. Do not be alarmed by this list of side effects. You may not experience any of them.

Side effects requiring special attention

Stop treatment and contact a doctor immediately in the following cases:

- yellowing of the skin, dark urine and tiredness, which can be symptoms of liver problems. These effects are rare and may affect up to 1 in 1,000 users.
- sudden wheezing, swelling of the lips, tongue and throat or body, rash, fainting or difficulties in swallowing – these are signs of a severe allergic reaction. These effects are rare and may affect up to 1 in 1,000 users.
- sudden appearance of a severe rash or reddening of the skin with blisters or peeling may occur even after several weeks of treatment. There may also be blisters and bleeding in the lips, eyes, mouth, nose, and genitals. The skin rashes may develop into serious widespread skin damage (peeling of the epidermis and superficial mucous membranes) with life-threatening consequences. This could be erythema multiforme, Stevens-Johnson syndrome, toxic epidermal necrolysis, or drug reaction with eosinophilia and systemic symptoms. These effects are rare and may affect up to 1 in 10,000 users.

Other side effects

Common side effects—affect up to one in 10 users

- headache
- effects on your stomach or gut: diarrhea, stomach pain, constipation, flatulence
- nausea and vomiting
- benign polyps in the stomach

Uncommon side effects—affect up to one in 100 users

- swelling of the legs and ankles
- sleeping problems (insomnia)
- dizziness, tingling feeling (“pins and needles”), sleepiness
- spinning feeling (vertigo)
- dry mouth
- changes in liver function blood tests
- skin rash, lumpy rash (hives), and itchy skin
- fractures of the hip, wrist or spine (when using Nexium at a high dosage for a long time)

Rare side effects—affect up to one in 1,000 users

- blood problems such as a reduced number of white cells or platelets –can cause weakness, bruising or increased risk of infections
- low levels of sodium in the blood – may cause weakness, vomiting and cramps
- agitation, confusion, depression
- taste changes
- eyesight problems such as blurred vision
- sudden wheeziness or shortness of breath (bronchospasm)
- an inflammation inside the mouth
- a fungal infection called thrush that may affect the gut
- liver problems, including jaundice, that may cause yellowing of the skin, dark urine, and tiredness
- hair loss
- skin rash on exposure to sun

- joint pains or muscle pains
- feeling unwell and lacking energy
- increased sweating

Very rare side effects—affect up to one in 10,000 users

- changes in blood count, including agranulocytosis (reduction in white blood cells)
- aggression
- seeing, feeling or hearing things that are not there (hallucinations)
- severe liver problems leading to liver failure and inflammation of the brain
- sudden onset of a severe rash, skin blistering or peeling. This may be accompanied by high fever and joint pains (erythema multiforme, Stevens-Johnson syndrome, toxic epidermal necrolysis, drug reaction with eosinophilia and systemic symptoms).
- muscle weakness
- severe kidney problems
- enlarged breasts in men

Side effects of unknown frequency (side effects whose frequency has not been established yet)

- low magnesium levels in the body: If you are on Nexium for more than three months, the levels of magnesium in your blood may fall. The symptoms that may indicate lowered levels of magnesium include fatigue, involuntary muscle contractions, disorientation, convulsions, dizziness, or increased heart rate. If you feel any of these symptoms, please tell your doctor immediately. Low levels of magnesium can also lead to a reduction in potassium or calcium levels in the blood. Your doctor may decide to perform regular blood tests to monitor your levels of magnesium.
- inflammation in the gut (causes diarrhea)
- rash, usually with joint pain

In very rare cases, Nexium may affect the white blood cells and lead to immune deficiency. If you have an infection with symptoms such as fever with a **severely** reduced general condition or fever with signs of a local infection such as pain in the neck, throat or mouth or difficulties in urinating, consult the doctor as soon as possible to rule out the possibility of lack of white blood cells (agranulocytosis) by a blood test. You must tell the doctor that you are taking Nexium.

If you experience any side effect, if any side effect gets worse, or if you experience a side effect not mentioned in this leaflet, consult your doctor.

You can report side effects to the Ministry of Health by following the 'Reporting Side Effects of Drug Treatment' link on the Ministry of Health home page (www.health.gov.il) which opens an online form for reporting side effects, or you can also use this link:

<https://sideeffects.health.gov.il>

5. HOW SHOULD THE MEDICINE BE STORED?

- Prevent poisoning! To prevent poisoning, keep this, and all other medicines in a closed place, out of the reach and sight of children and/or infants. Do not induce vomiting unless explicitly instructed to do so by your doctor.
- Do not use the medicine after the expiry date (exp. date) which is stated on the package. The expiry date refers to the last day of that month.

Storage conditions:

- Store this medicine below 25°C.

6. FURTHER INFORMATION

In addition to the active ingredient, this medicine also contains:

microcrystalline cellulose, methacrylic acid ethyl acrylate copolymer (1:1), sugar spheres, hypromellose, talc, triethyl citrate, hypolose, crospovidone, macrogol, titanium dioxide (E 171), glycerol monostearate 40-55, magnesium stearate, polysorbate 80, sodium stearyl fumarate, iron oxide (20 mg and 40 mg tablets: reddish-brown; 20 mg tablets: yellow) (E 172), synthetic paraffin.

What the medicine looks like and contents of the pack:

Nexium 20 mg tablets – rectangular, biconvex, light pink film-coated tablets, with

20 mg imprinted on one side and ^A_{EH} imprinted on the other side. Packs contain 7, 14, or 28 tablets.

Nexium 40 mg tablets – rectangular, biconvex, pink film-coated tablets, with 40 mg

imprinted on one side and ^A_{EI} imprinted on the other side. Packs contain 7 or 28 tablets.

Not all pack sizes may be marketed.

Manufacturer's name and address:

Astra Zeneca AB., S-151 85 Sodertalje, Sweden

Registration holder's name and address:

Taro International Ltd., 14 Hakitor Street, Haifa Bay, 2624761

Revised in August 2023 according to MOH guidelines.

Registration number of the medicine in the Ministry of Health's National Drug Registry

Nexium 20 mg: 122 52 30237

Nexium 40 mg: 122 53 30238

The following information is intended for healthcare professionals only.

Administration through gastric tube

1. Put the tablet into an appropriate syringe and fill the syringe with approximately 25 ml water and approximately 5 ml air. For some tubes, dispersion in 50 ml water is needed to prevent the pellets from clogging the tube.
2. Immediately shake the syringe for approximately 2 minutes to disperse the tablet.
3. Hold the syringe with the tip up and check that the tip has not clogged.
4. Attach the syringe to the tube whilst maintaining the above position.
5. Shake the syringe and position it with the tip pointing down. Immediately inject 5 – 10 ml into the tube. Invert the syringe after injection and shake (the syringe must be held with the tip pointing up to avoid clogging of the tip).
6. Turn the syringe with the tip down and immediately inject another 5 – 10 ml into the tube.

Repeat this procedure until the syringe is empty.

7. Fill the syringe with 25 ml of water and 5 ml of air and repeat step 5 if necessary to wash down any sediment left in the syringe. For some tubes, 50 ml water is needed.