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

This medicine is dispensed with a doctor's prescription only

Pramin® Tablets

Active ingredient:

Each tablet contains: Metoclopramide hydrochloride 10 mg

For the list of the additional ingredients, see section 6. See also 'Important information about some of the medicine's ingredients' in section 2.

Read the entire leaflet carefully before using the medicine.

This leaflet contains concise information about the medicine. If you have any further questions, please refer to your doctor or pharmacist.

This medicine has been prescribed to treat your condition. Do not pass it on to others. It may harm them, even if you think their medical condition is similar to yours.

1. What is the medicine intended for?

The medicine is intended to prevent nausea and vomiting and to stimulate motility of the digestive system. The medicine is given in specific conditions, as determined by the doctor.

Therapeutic group: medicines for functional gastrointestinal disorders. Propulsive medicines.

2. Before using the medicine

Do not use the medicine if:

- You are sensitive (allergic) to the active ingredient or to any of the additional ingredients the medicine contains (for the list of the additional ingredients, see section 6).
- You suffer from conditions in which stimulating the digestive system may cause harm, such as: bleeding in the digestive system, obstruction or perforation in the digestive system (e.g., in the intestine or stomach).
- You suffer or it is suspected that you suffer from pheochromocytoma (a rare tumor of the adrenal gland).
- You suffer or have suffered in the past from involuntary repetitive muscle spasms (tardive dyskinesia), after taking certain medicines (such as neuroleptic medicines or medicines containing metoclopramide).
- You suffer from Parkinson's disease or epilepsy.
- You are taking levodopa, or other dopaminergic medicine. See also section 'Drug interactions'.
- You had gastrointestinal surgery in the last 3-4 days.
- You suffer or have suffered in the past from methemoglobinemia (red blood cells syndrome) or NADH cytochrome B5 enzyme deficiency.
- Do not use in children under one year of age – see also 'Children and adolescents' section.

Special warnings regarding the use of this medicine:

Before (and during) the treatment with Pramin® tablets, tell your doctor if:

- You suffer or have suffered in the past from heartbeat disturbances (e.g. QT interval prolongation), from other heart problems, from high blood pressure or are using medicines that might affect the heartbeat.
- You suffer from problems in the levels of salts in your blood (such as: potassium, sodium, magnesium).
- You suffer or have suffered in the past from neurological problems.
- You suffer or have suffered in the past from kidney or liver problems.
- You suffer or have suffered in the past from atopy (including asthma) or porphyria.

Additional warnings:

- If the vomiting continues, refer to the doctor in order to rule out other problems.
- Prolonged use (especially more than 3 months) increases the risk of involuntary repetitive muscle spasms (tardive dyskinesia), therefore, do not use the medicine for longer than 3 months, except on doctor's instructions only.
- Parkinson's disease symptoms might worsen when using the medicine (see above 'Do not use the medicine if:').

Children and adolescents:
- Do not use in children under 1 year of age (see above 'Do not use the medicine if:').
- The medicine is not intended for children who weigh less than 30 kg. In any case, the dosage will be determined by the doctor.
- The risk of extrapyramidal disorders (such as involuntary movements) is higher in this population group. See the section 'Side effects'.

Elderly patients:
- Refer to the doctor. A reduced dosage may be required in case of liver problems, kidney problems and according to the overall health.
- The elderly may be more sensitive to the medicine's side effects. Prolonged use could cause muscle spasms/involuntary movements (tardive dyskinesia), particularly in this population.

Patients with liver and/or kidney problems: Refer to the doctor. A reduced dosage may be required.

Tests and follow up: the doctor may recommend certain blood tests, for instance tests for detection of methemoglobinemia. According to the results, the doctor may recommend stopping the treatment.

Drug interactions:
If you are taking, or have recently taken any other medicines, including non-prescription medicines and nutritional supplements, please tell the doctor or pharmacist. Especially if you are taking:
- Levodopa or dopaminergic medicines (dopamine agonists used to treat Parkinson's disease, amongst others): do not use concomitantly with **Pramin® tablets** (see section 'Do not use the medicine if:').
- Medicines which depress the central nervous system (such as: opioid pain relievers, anti-anxiety medicines, sedatives, sleeping pills, certain antidepressants, certain antihistamines to treat allergies, barbiturates, clonidine): combined use of these medicines with **Pramin® tablets** may increase the sedative effect of the medicines.
- Serotoninergic medicines such as antidepressants of the SSRI group (for instance fluoxetine, paroxetine).
- Morphine derivatives (such as codeine), opioids (such as morphine) and anticholinergics (such as medicines against abdominal cramps/spasms), since they influence the motility of the digestive system.
- Medicines that stimulate the central nervous system such as monoamine oxidase inhibitors and sympathomimetic drugs.
- Medicines used to treat mental problems including as neuroleptic medicines: combined use may increase the risk of extrapyramidal symptoms (disturbance in controlling muscles and movement).
- Mivacurium and suxamethonium (medicines used to relax muscles).
- Medicines that affect the heartbeat.
- Digoxin (for treatment of certain heart problems), ciclosporin (for treatment of certain immune system problems).
- Atovaquone (a medicine for malaria).

- **Pramin® tablets** may affect the absorption of a large number of other medicines (including aspirin and paracetamol).

Use of the medicine and food:
In diabetic patients suffering from diabetic gastroparesis, the medicine should be used about half an hour before the meal.

Use of the medicine and alcohol consumption: Do not drink alcohol during the treatment period with the medicine. Alcohol may increase the sedative effect of **Pramin® tablets**.

Pregnancy, breastfeeding and fertility:

Pregnancy
Do not use the medicine if you are pregnant, think you are pregnant or are planning a pregnancy, without consulting your doctor. If necessary, the doctor will instruct you on the use of the medicine during pregnancy. Avoid using the medicine at the end of the pregnancy, since it may affect the baby.

Breastfeeding
The use of the medicine is not recommended during breastfeeding, as the medicine passes into the breastmilk and might affect the baby.

Fertility
There is no information regarding the effect of the medicine on fertility.

Driving and use of machinery: The use of this medicine may impair alertness, cause sleepiness, cause dizziness; may affect the muscles and movements (for instance involuntary muscle spasms) and affect your vision. These effects may impair the ability to drive or operate machinery. As for children, they should be warned against riding a bicycle or playing near roads, etc.

Important information about some of the medicine's ingredients:
- Each tablet contains about 75 mg lactose. If you have intolerance to certain sugars, consult your doctor before taking this medicine.
- Each tablet contains 0.7 mg of the ponceau 4R lake coloring agent which may cause allergic reactions.

3. How to use this medicine?
Always use according to the doctor's instructions. You should check with the doctor or pharmacist if you are not sure regarding the dosage and the manner of treatment with the medicine.
The dosage and manner of treatment will be determined by the doctor only.
The medicine should be used at set times as determined by the attending doctor.
This medicine is usually not recommended for prolonged use (more than 3 months).

The standard dosage is usually:
The dosage will be determined by the doctor only. The medicine is usually taken up to 3 times daily. Make sure that between doses there is an interval of no less than six hours (even if you vomit the dose).

Do not exceed the recommended dose.

Duration of treatment:
The duration of treatment with the medicine is usually limited to 5 days. In diabetic patients suffering from diabetic gastroparesis, the duration of treatment is usually limited to 3 months.

Manner of use:
Swallow the tablet with water.
There is no information regarding crushing or chewing the tablets. The tablet may be halved according to the scored line.

If you accidentally took a higher dosage: if you took an overdose, or if a child has accidentally swallowed the medicine, refer immediately to a doctor or a hospital emergency room, and bring the package of the medicine with you. Overdose symptoms may include: involuntary movements (extrapyramidal symptoms), drowsiness, decrease in consciousness level, confusion, hallucinations, heart and breathing problems which might be life-threatening.

If you forgot to take the medicine at the set time take a dose as soon as you remember, but under no circumstances should you take two doses at the same time! In any case, you must make sure that there is an interval of no less than six hours between doses.

If you stop taking the medicine: Even if your state of health improves, do not stop the treatment with the medicine without consulting your doctor.

Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.
If you have further questions concerning the use of the medicine, consult the doctor or pharmacist.

4. Side effects
As with any medicine, the use of **Pramin® tablets** may cause side effects in some users. Do not be alarmed while reading the list of side effects. You may not suffer from any of them.

Stop the treatment and refer to a doctor immediately if the following side effects appear:

- Involuntary movements frequently involving the face/head/neck (extrapyramidal symptoms). These symptoms may occur especially at the beginning of the treatment, even after one dose and/or when using a high dosage. The symptoms occur in children and adolescents and are expected to stop with appropriate treatment - a common side effect.
- High fever, high blood pressure, convulsions, sweating, increased saliva production. These symptoms may be a sign of neuroleptic malignant syndrome - side effect of unknown frequency.
- Itching, skin rash, swelling of the face, lips or throat and breathing difficulties. These symptoms may be a sign of an allergic reaction that might be severe - uncommon side effect.
- Methemoglobinemia (which may be manifested also in a change of skin color) - side effect of unknown frequency.
- Muscle spasms/involuntary movements (tardive dyskinesia). See also section 'Additional side effects' - side effect of unknown frequency.

Additional side effects:

Very common side effects (appear in more than one user out of 10): sleepiness/drowsiness.

C*ommon side effects (appear in 1-10 users out of 100)*: depression, movement disturbances or involuntary movements such as tics, shaking, twisting movements or muscle contractions (including stiffness), symptoms similar to Parkinson's disease, restlessness or constant movement, decrease in blood pressure, diarrhea, weakness.

Uncommon side effects (appear in 1-10 users out of 1,000): increase in the prolactin hormone levels (which may cause milk production in men and in non-breastfeeding women), disruptions in menstrual cycle (including absence of menstruation), hallucinations, decrease in level of consciousness, slow heartbeat, hypersensitivity (allergy); dystonia (including visual disturbances and involuntary deviation of the eyeball and dyskinesia (muscle spasms/involuntary movements).
Rare side effects (appear in 1-10 users out of 10,000): confusion, convulsions (especially in patients with epilepsy), galactorrhea (milky breast discharge).

Side effects of unknown frequency (effects whose frequency has not yet been determined): sulfhemoglobinemia (which may be manifested also by change of skin color), abnormal enlargement of the breast tissue in men or teenage boys (gynecomastia), involuntary movements/muscle spasms during or after prolonged use particularly in elderly patients (tardive dyskinesia), changes in heart rate (which can be seen on an ECG), cardiac arrest, severe allergic reaction (anaphylactic reaction), shock (severe decrease in blood pressure), fainting, temporary increase in blood pressure, very high blood pressure; skin reactions such as rash, itch, angioedema (edema generally related to an allergy) and urticaria.

Side effects and drug interactions in children and infants: Parents need to inform the attending doctor of any side effect as well as any additional medicine given to the child.

If a side effect appears, if one of the side effects worsens, or if you suffer from a side effect not mentioned in the leaflet, consult with the doctor.
Side effects may be reported to the Ministry of Health by clicking on the link "Report on side effects following medicinal treatment" on the homepage of the Ministry of Health website (www.health.gov.il) which leads to an online form for reporting side effects, or by entering the link: https://sideeffects.health.gov.il

5. How to store the medicine?

- Avoid poisoning! This medicine, and any other medicine, must be stored in a closed place out of the reach and sight of children and/or infants, to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.
- Do not use the medicine after the expiry date (exp. date) that appears on the package. The expiry date refers to the last day of that month.
- Storage conditions: store below 25 °C, in the original package.

6. Additional information:

- **In addition to the active ingredient the tablets also contain:**
  Lactose, cellulose microcrystalline, corn starch, ponceau 4R lake, silicon dioxide colloidal, magnesium stearate.
  Each tablet contains about 75 mg lactose and 0.7 mg ponceau 4R lake.

What does the medicine look like and what does the package contain?
Package of 30 pink, round tablets with a scored line, imprinted with 'RAFA'.

Registration holder and manufacturer: Rafa Laboratories Ltd., P.O. Box 405, Jerusalem 9100301.

Medicine registration number in the National Medicines Registry of the Ministry of Health: 0514924302

Revised in October 2023 according to MOH's guidelines.