

Important information about your prescription

Ranitidine supplies

Ranitidine prescription medicines are being recalled as a precautionary measure following detection of possible contamination with an impurity (nitrosamine).

The Medicines and Healthcare products Regulatory Agency (MHRA) has advised that patients do not need to stop taking ranitidine immediately as the health risk of discontinuing the medicines is higher than the potential risk presented by the contaminant.

Currently, there is no evidence that medicines containing the contaminant have caused any harm to patients, but the Agency is closely monitoring the situation, and working with other regulatory agencies around the world.

Before changing your prescription to another drug, it is worth considering whether you still need a prescription medicine for your symptoms

Can I do anything to improve my symptoms?

- *Try to keep to a healthy weight*
- *Avoid food and drink that make your symptoms worse (for example, spicy or fatty foods, chocolate, coffee, cola drinks and orange juice)*
- *Eat meals at regular times*
- *Avoid large or late meals and avoid bending over or lying flat immediately after eating*
- *Avoid tight belts or clothing*
- *Avoid buying medications that can make your symptoms worse, such as some pain killers (ask your doctor or pharmacist which medications are safe to take)*
- *If your symptoms are worse at night and disrupt your sleep, try raising the head of your bed by 10–15 cm (4–6 inches) using blocks under the legs of your bed or use a wedge shaped pillow to raise your head*
- *If you drink more than two standard drinks of alcohol a day, reduce the amount you drink*
- *Stop smoking.*

Symptoms of dyspepsia such as acid indigestion and heartburn can also be helped by taking Peptac® or Gaviscon® which can be bought without a prescription.

If your symptoms get worse or you would like to discuss this further, please make an appointment - this can be a telephone consultation rather than having to attend the surgery.