

# DYNAMET TABLET

Cimetidine (200 mg, 400mg)

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## What DYNAMET TABLET is used for

- Duodenal and gastric ulcers.
- Reflux oesophagitis (backflow of stomach content into the esophagus (food pipe).
- Abnormal excessive secretion of gastric acid such as Zollinger-Ellison syndrome.
- Pancreatic insufficiency.

## How DYNAMET TABLET works

Cimetidine inhibits stimulation and secretion of gastric acid and reduces output of pepsin enzymes. Also, it affects on the reduction secretion of body fluids. Cimetidine also provide protection to cells against harmful agents and has a beneficial effect in maintaining the gastric mucosal lining.

## Before you use DYNAMET TABLET

### - When you must not use it

Do not use this medicine if:

- You have lack or complete absence of gastric juice.
- You have abnormal growth and proliferation of abnormal cells.
- You are pregnant.

### *Pregnancy and lactation*

Do not take DYNAMET TABLET if you are pregnant, trying to get pregnant or think you may be pregnant.

Cimetidine was detected in the breast milk. Do not take DYNAMET TABLET if you are breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

### - Before you start use it

Tell your doctor or pharmacist if you have impaired kidney function and possibility of cancer should be excluded before starting the treatment.

### - Taking other medicines

Tell your doctor if you are taking:

- Lignocaine (local anaesthetic);
- Phenytoin (prevent seizure);
- Theophylline (prevent and treat asthma);
- Warfarin (prevent blood clotting); and any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

## How to use DYNAMET TABLET

### - How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

The dose should be adapted to each individual according to their response.

- Usual dose: 400 mg twice daily taken in the morning and at bedtime. Other regimens are 200 mg or if necessary 400 mg three times daily with 400 mg at bedtime.
- Duodenal and gastric ulcer: Single dose of 800 mg is given at bedtime initially for 4 weeks in duodenal ulcer and 6 weeks in gastric ulcer. A maintenance dose: 400 mg given once at bedtime or both in the morning and at bedtime.
- Reflux oesophagus: 400 mg four times daily (with meals and at bedtime) for 4 to 8 weeks.
- Abnormal excessive secretion such as Zollinger-Ellison syndrome: Dose of 400 mg four times daily may be required, occasionally increased to a total of 2.4 g daily.
- Pancreatic insufficiency: 0.8 to 1.6 g daily is given in 4 divided doses before meals.
- Children over 1 year of age: 25 to 30 mg per kg body weight daily in 3 or 4 divided doses.

### - When to use it

Use as directed by your doctor or pharmacist.

### - How long to use it

Continue taking DYNAMET TABLET for as long as your doctor recommends.

### - If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### - If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too many tablets may cause slurred speech, high pulse rate, dilated pupils and slow heart rate.

## While you are using it

### - Things you must do

Take your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking DYNAMET TABLET.

Tell your doctor immediately if you become pregnant while taking this medication.

### - Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor or pharmacist.

Do not give DYNAMET TABLET to anyone else, even if they have the same symptoms or condition as you.

### - Things to be careful of

Cimetidine must be carefully used in pregnant woman or during breastfeeding period.

## Side effects

Like all medicines, DYNAMET TABLET can cause side effects, although not everybody gets them.

The commonest side-effects reported have been diarrhoea, dizziness, tiredness, and rashes. Reversible confusional states, especially in the elderly or in seriously ill person such as those with kidney failure, have occasionally occurred. Enlargement of breast and impotence have also occasionally occurred in men receiving relatively high

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doses for conditions such as the Zollinger-Ellison syndrome.

Other adverse effects which have been reported rarely are allergic reactions, joint and muscle pains, blood disorders including low white blood cell count and low levels of platelets, inflammation of the spaces between kidney tubules, headache, liver toxicity and inflammation of pancreas.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine. You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [npra.moh.gov.my](http://npra.moh.gov.my) (Public→Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

## Storage and Disposal of DYNAMET TABLET

### - *Storage*

Keep out of reach of children.  
Keep container tightly closed.  
Store in a dry place below 25° C.  
Protect from light.

### - *Disposal*

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## Product Description

### - *What it looks like*

DYNAMET TABLET 200MG

Light green in colour, round, biconvex and scored with '200' marking; a film coated tablet.

DYNAMET TABLET 400MG

Light green in colour, round, biconvex and scored with '400' marking; a film coated tablet.

### - *Ingredients*

- Active ingredient  
Cimetidine

- Inactive ingredients

Lactose powder 200 mesh, Corn starch, Gelatin 240/250 Bloom, Magnesium stearate, Opadry OY21051 (Green), Chloroform Spirit.

### - *MAL number(s):*

DYNAMET TABLET 200MG  
MAL19940254AZ

DYNAMET TABLET 400MG  
MAL19940492AZ

## Manufacturer and Product

### Registration Holder

Dynapharm (M) Sdn. Bhd.  
2497, Mk 1, Lorong Perusahaan Baru 5,  
Kawasan Perusahaan Perai 3, 13600  
Perai, Pulau Pinang, Malaysia.

### Date of revision

26/02/2018

### Serial Number:

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