

Date:

Doctor/Clinic/Hospital/Pharmacy Stamp

Dear Parent/Caregiver:

..... (child's name) has been prescribed Ranitidine today with the aim of reducing the pain they suffer as a result of gastric reflux. They are to havemltime(s) per day. This may be increased tomltime(s) per day when they arekgs / after .../.../... if symptoms persist or reappear. (Delete those not applicable). More information on this medication and how best to give it is below.

Ranitidine (Generic Name)

Zantac, Peptisoothe (Trade Names)

Use: Histamine H2-receptor antagonist.

Ranitidine reduces the amount of stomach acid produced and thus prevents reflux causing inflammation in the oesophagus, and also allows existing inflammation to heal. It does not decrease the amount of spilling or vomiting. It may take from a few days to a few weeks to see an improvement in your baby/child after starting Ranitidine. The dosage may need adjusting for weight as the baby grows. Ranitidine syrup contains ethanol (alcohol) and was not formulated for paediatric use. It has however been used successfully in the treatment of reflux in children for many years.

Administration:

It comes in syrup form: 150mg in 10ml. Zantac is a bitter mint flavoured medication, and may not be accepted by the infant. Peptisoothe is spearmint flavoured and is the only fully subsidised Ranitidine syrup. It can be flavoured (a pinch of chocolate instant pudding mix is one idea) to encourage the baby to take it. Diluting is unlikely to make this medication more acceptable and we do not recommend doing so. If it is diluted it needs to be used immediately as it affects the preservative and the medication will become cloudy.

Gaviscon or Mylanta should not be given within two hours of giving Ranitidine, as these antacids will reduce its effect. The magnesium in these two medications reduces the absorption of Ranitidine by 20-25%. These antacids do not stop Ranitidine working altogether, so they may be given closer together if Gaviscon is of greater benefit to your child. If they continue to suffer from pain then the two hour interval should be trialled. (Magnesium containing supplements should also not be given within two hours of Ranitidine.)

Side effects: Side effects are rare, but the more common ones may include headache and dizziness.

REFERENCES:

- (1) Medscape - Gastroesophageal Reflux Disease in Infants and Children
- (2) New Ethicals Catalogue and Compendium
- (3) Medsafe data sheets
- (4) <http://www.medsafe.govt.nz/profs/Datasheet/p/Peptisoothesyrup.htm>
- (5) <http://www.pharmac.govt.nz/pdf/SU.pdf> (Page 17)

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Ranitidine



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