

Hemadid™ Film Coated Tablets

Ferrous Sulfate 200mg

Read all of this leaflet carefully before you start using this medicine.
-Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

- What is in this leaflet**
1. What Hemadid™ are and what they are used for
 2. What you need to know before you take Hemadid™
 3. How to take Hemadid™
 4. Possible side effects
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1. What Hemadid™ are and what they are used for
Hemadid™ belongs to a group of medicines called iron supplements. These medicines work by replacing body iron. Iron is a mineral that the body needs to produce red blood cells. When the body does not get enough iron, it cannot produce the number of normal red blood cells needed to keep you in good health. This condition is called iron-deficiency anaemia. Hemadid™ is used for the prevention and treatment of iron-deficiency anaemia.

- 2. What you need to know before you take Hemadid™**
Do not take Hemadid™ if you:
- are allergic to dried ferrous sulfate or any of the other ingredients of this medicine (listed in section 6).
 - are receiving repeated blood transfusions
 - are receiving iron intravenously
 - have a disorder in which there is excessive absorption and storage of iron such as haemochromatosis.

Warnings and precautions
Due to the risk of mouth ulceration and tooth discolouration, tablets should not be sucked, chewed or kept in the mouth but swallowed whole with water. If you cannot follow this instruction or have difficulty swallowing, please contact your doctor.

- Talk to your doctor or pharmacist** before taking Hemadid™ if you have:
- **haemolytic anaemia**
 - **a blood** disease (haemoglobinopathy)
 - **an iron storage or absorption** disease
 - gastrointestinal disease

Other medicines and Hemadid™
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

- tetracyclines (to treat infections)
- ciprofloxacin, norfloxacin, ofloxacin (to treat infections)
- colestyramine
- antacids (containing magnesium or aluminium)
- medicines containing zinc, calcium, phosphorus or trientine
- methyl dopa (to treat high blood pressure)
- penicillamine (for rheumatoid arthritis)
- levodopa (for Parkinson's disease)
- ascorbic acid (vitamin C)

3. How to take Hemadid™
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.
Check with your doctor or pharmacist if you are not sure.

Hemadid™ with food and drink
Hemadid™ should not be taken within one hour before or two hours after eating or drinking the following products: tea, coffee, milk, eggs and whole grains. These products can reduce the absorption of iron. Meat and products containing vitamin C can increase the absorption of iron. Follow the advice of your dietician or doctor when taking Hemadid™ with any of the food or drink listed.

Swallow the tablets whole with water. Do not suck, chew or keep the tablet in your mouth. Although iron preparations are best absorbed on an empty stomach, they may be taken after food to reduce gastrointestinal side effects.

The recommended dose is
Adults and the elderly
Treatment: 2-3 tablets a day in divided doses.
Prevention: 1 tablet a day.

Children 6-12 years
Treatment:
Children weighing over 22kg: one tablet a day.
Children weighing over 44kg: one tablet twice a day.
Children weighing over 66kg: one tablet three times a day.

Children under 6 years or weighing less than 22kg
Not recommended.

If you take more Hemadid™ than you should
If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any contact your nearest hospital casualty department or tell your doctor immediately.
Symptoms of an overdose include:

- Up to 24 hours: stomach and intestinal poisoning including being sick and diarrhoea, heart disorders such as low blood pressure (hypotension) and a racing heart (tachycardia), metabolic changes such as too much acid in the body (acidosis) and high blood sugar (hyperglycaemia), nervous system depression ranging from tiredness to coma, temporary relief of symptoms may occur.
- After 24 hours: stomach and intestinal poisoning and obstruction, shock, too much acid in the body (acidosis), fits, coma, liver failure, jaundice (yellowing of the skin or whites of the eyes), low blood sugar, problems with blood clotting, low production of urine, kidney failure and fluid in the lungs.

If you forget to take Hemadid™
Do not take a double dose to make up for a forgotten dose. If you forget to take a dose take it as soon as you remember it and then take the next dose at the right time.
If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects
Like all medicines, this medicine can cause side effects, although not everybody gets them.
Contact your doctor at once if you have an allergic reaction e.g itchy skin rash, swelling of the face, lips, tongue or throat, or difficulty breathing or swallowing.
Tell your doctor if you notice any of the following side effects:

- constipation occasionally causing faecal impaction, diarrhoea, stomach pain, feeling sick and blackened stools.

Not known (frequency cannot be estimated from the available data)

- Mouth ulceration (in case of incorrect use, when tablets are chewed, sucked or left in the mouth). Elderly patients and patients with difficulty swallowing may also be at risk of ulceration of the throat, oesophagus (the tube that connects your mouth with your stomach) or bronchus (the major air passages of the lungs) if the tablet enters the airways.

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. How to store Hemadid™
Keep this medicine out of the sight and reach of children.
Do not store above 30 °C.
Do not use this medicine after the expiry date which is stated on the carton.
Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer require. These measures will help protect the environment.

6. Further Information
What Hemadid™ contains:
The active ingredient is: Ferrous Sulfate
Each Film Coated Tablet contains 200 mg of Dried Ferrous Sulfate (equivalent to 65 mg elemental iron).

The other ingredients are:
Core: Dicalcium Phosphate Anhydrous, Microcrystalline Cellulose, Crosscarmellose Sodium, Colloidal Silicon Dioxide, Magnesium stearate.
Coating: Opadry II Green 85F110045 [Polyvinyl alcohol partially hydrolyzed Polyethylene Glycol, Titanium dioxide, Talc, Riboflavin, FD&C Blue #1 / brilliant blue FCF, aluminum lake].

What Hemadid™ looks like and the contents of the pack
Hemadid™ are Green coloured, round, biconvex, film coated tablets, debossed with “JP ” on one side and “180” on other side.
Hemadid 120 film coated tablets packed in HDPE bottle.

Marketing Authorisation Holder and Manufacturer
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Jeddah, Saudi Arabia.
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Website: www.jamjoompharma.com

To report any side effect(s):
• Saudi Arabia:
- The National Pharmacovigilance and Drug Safety Centre (NPC)
o Fax: +966-11-205-7662
o Call NPC at +966-11-2038222
Exts: 2317-2356-2353-2354-2334-2340.
o Toll free phone: 8002490000
o E-mail: npc.drug@sfga.gov.sa
o Website: www.sfga.gov.sa/npc

• Other GCC States:
– Please contact the relevant competent authority.

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THIS IS A MEDICAMENT

- Medicament is a product that affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed.
- Do not repeat the same prescription without consulting your doctor.

Keep all medicaments out of the reach of children

Council of Arab Health Ministers & Union of Arab Pharmacists

Hemadid™ is a quality product manufactured by:



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