



I've got the power

**PRESCRIBING INFORMATION: INDICATIONS:** Duodenal ulcer, benign gastric ulcer, ulcers associated with non-steroidal anti-inflammatory drugs (NSAIDs), oesophageal reflux disease, severe oesophagitis, chronic episodic dyspepsia. **DOSAGE:** Adults: Duodenal ulceration and gastric ulceration: A single 300mg dose at bedtime or 150mg twice daily in the morning and evening for four weeks. Alternatively, in duodenal ulcers, 300mg in the morning and evening for four weeks to achieve optimal healing. Continued maintenance treatment of 150mg at bedtime is recommended for patients with a history of recurrent ulceration. Ulcers following non-steroidal anti-inflammatory drug therapy or associated with continued non-steroidal anti-inflammatory drugs: 150mg twice daily for up to eight weeks. Chronic episodic dyspepsia: 150mg twice daily for six weeks, investigate early relapsers and non-responders. Oesophageal reflux disease: 300mg at bedtime or 150mg twice daily for up to eight weeks. Severe oesophagitis: 300mg four times daily for up to eight weeks (see data sheet for full dosage instructions). **CONTRA-INDICATIONS:** Patients with known hypersensitivity to ranitidine. **PRECAUTIONS:** In patients in whom sodium restriction is indicated, care should be taken when administering sodium-containing Effervescent Tablets and Granules. Exclude the possibility of malignancy in gastric ulcer before instituting therapy, especially in middle-aged patients with new or recently changed dyspeptic symptoms. Regular supervision of patients with peptic ulcer and on NSAID therapy is recommended especially if elderly. Reduce dosage in the presence of severe renal failure (see data sheet). Like other drugs, use during pregnancy and lactation only if strictly necessary. **SIDE EFFECTS:** Headache, dizziness, skin rash, occasional hepatitis. Rarely, reversible mental confusion states, usually in very ill or elderly patients. Rare cases of leucopenia and thrombocytopenia, usually reversible, agranulocytosis and pancytopenia. Hypersensitivity reactions, anaphylactic shock. Rare cases of breast symptoms in men. As with other H<sub>2</sub>-receptor antagonists rare cases of bradycardia, A-V block and asystole (see data sheet). **PRESENTATIONS:** Zantac 150 Tablets each containing 150mg ranitidine (Product licence number 0004/0279, 60 tablets £29.76); Zantac 300 Tablets each containing 300mg ranitidine (Product licence number 0004/0302, 30 tablets £27.43); Zantac Dispersible Tablets each containing 150mg ranitidine (Product licence number 0004/0298, 60 tablets £31.25); Zantac Effervescent Tablets each containing 150mg ranitidine and 14.3mEq sodium (Product licence number 0004/0392, 60 tablets £31.25); Zantac Effervescent Tablets each containing 300mg ranitidine and 20.8mEq sodium (Product licence number 0004/0393, 30 tablets £31.25); Zantac Effervescent Granules each containing 150mg ranitidine and 10.2mEq sodium (Product licence number 0004/0394, 30 sachets £15.63); Zantac Effervescent Granules each containing 300mg ranitidine and 20.4mEq sodium (Product licence number 0004/0395, 30 sachets £31.25); Zantac Syrup each 10ml dose containing 150mg ranitidine (Product licence number 0004/0310, 300ml bottle £22.32). **PRODUCT LICENCE HOLDER:** Glaxo Operations U.K. Limited, Greenford, Middlesex UB6 0HE. Zantac is a Glaxo trade mark. Further information is available on request from: Glaxo Laboratories Limited, Stockley Park West, Uxbridge, Middlesex UB11 1BT. Tel: 081 990 9000.

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## Keep up with the times—



**BMJ**

### THE HEALTH DEBATE LIVE: 45 INTERVIEWS FOR LEADING FOR HEALTH

The BMA's document *Leading for Health: a BMA Agenda for Health*, encompasses often contrasting views and presents questions that need answering. What did people actually say in their interviews? With the interviewees permission, the *BMJ* has published the transcripts of their original comments. This collection provides a lively and provocative contribution to the health service debate.

UK £10.95; Abroad £13.00 (BMA members £9.95 or £12.00)

### THE FUTURE OF HEALTH CARE

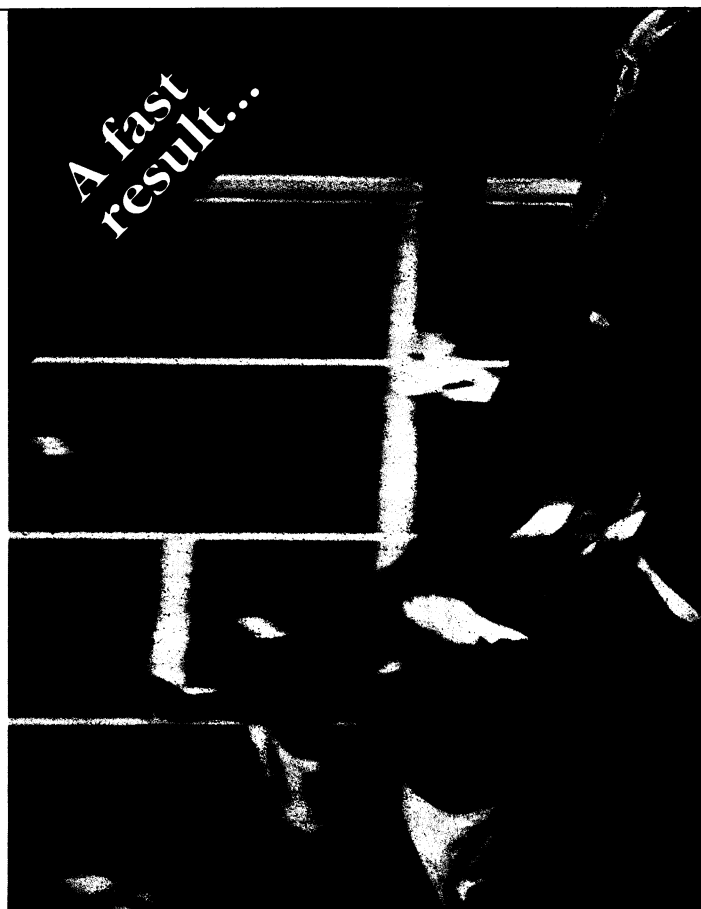
The best way to provide health services is a subject that has to be tackled by governments and health professionals worldwide. The British government has been attempting this in its reforms of the NHS, and the BMA has produced its own "agenda for health". To give readers a better grasp of these issues the *BMJ* asked experts about the main topics on the agenda—such as rationing of care and funding of services—and to suggest action for the future.

UK £8.95; Abroad £10.00 (BMA members £8.45 or £9.50)

**Prescribing information. Presentation:** Losec capsules containing 20mg omeprazole. **Uses:** Treatment of reflux oesophagitis. Symptom relief is rapid, and the majority of patients are healed after 4 weeks. Treatment of duodenal and benign gastric ulcers, including those complicating NSAID therapy. Zollinger-Ellison syndrome. **Dosage and administration: Adults (including elderly): In reflux oesophagitis:** 20mg once daily, given for 4 weeks. For those patients not fully healed after the initial course, healing usually occurs during a further 4-8 weeks treatment. Losec has also been used in a dose of 40mg once daily in patients with reflux oesophagitis refractory to other therapy. Healing usually occurred within 8 weeks. Patients can be continued at a dosage of 20mg once daily. **Duodenal and benign gastric ulcers:** 20mg once daily. The majority of patients with duodenal ulcer are healed after 4 weeks. The majority of patients with benign gastric ulcer are healed after 8 weeks. In severe cases, the dose may be increased to 40mg Losec once daily. Long-term therapy with Losec in the treatment of gastric and duodenal ulcers is not currently recommended. **Zollinger-Ellison syndrome:** 60mg once daily. The dosage should be adjusted individually and treatment continued as long as clinically indicated. More than 90% of patients with severe disease and inadequate response to other therapies have been effectively controlled on doses of 20 to 120mg daily. With doses above 80mg, the dose should be divided and given twice daily. **Children:** There is no experience of the use of Losec in children. **Impaired renal or hepatic function:** Adjustment is not required. Patients with severe liver disease should not require more than 20mg Losec daily. **Contra-indications, precautions & warnings: Contra-indications:** No known contra-indications to the use of Losec. When gastric ulcer is suspected, the possibility of malignancy should be excluded before treatment with Losec is instituted, as treatment may alleviate symptoms and delay diagnosis. Avoid in pregnancy unless there is no safer alternative. Breast feeding should be discontinued if the use of Losec is considered essential. Losec is well tolerated. Nausea, headache, diarrhoea, constipation and flatulence have been reported but are rare. Skin rashes have occurred in a few patients. These events have usually been mild and transient and there has been no consistent relationship with treatment. Losec can delay the elimination of diazepam, phenytoin and warfarin. Monitoring of patients receiving warfarin or phenytoin is recommended and a reduction of warfarin or phenytoin dose may be necessary when omeprazole is added to treatment. No evidence of an interaction with theophylline, propranolol, metoprolol, lidocaine, quinidine or antacids. **Animal Toxicology:** Gastric ECL-cell hyperplasia and carcinoids have been observed in life-long studies in rats treated with omeprazole or subjected to partial fundectomy. These changes are the result of sustained hypergastrinaemia secondary to acid inhibition and not from a direct effect of any individual drug. No treatment related mucosal changes have been observed in patients treated continuously for periods up to 5 years. **Pharmaceutical precautions:** Use within three months of opening. Replace cap firmly after use. Dispense in original container. **Legal category:** POM **Pack size and basic NHS cost:** Bottles of 5 capsules, £6.49; Bottles of 28 capsules, £36.36. **Product Licence No:** PL0017/0238 **Product Licence Holder:** Astra Pharmaceuticals Ltd., Home Park, Kings Langley, Herts WD4 8DH. **Date of preparation:** January 1992.

**References** 1. Holt S & Howden CW. *Dig Dis & Sci* 1991; 36 (4): 385-93. 2. Sandmark S et al. *Scand J Gastroenterol* 1988; 23: 625-32. 3. McFarland RJ et al. *Gastroenterol* 1990; 98: 278-83. 4. Bate CM et al. *Gut* 1990; 31: 968-72.

**ASTRA** For further information, please contact  
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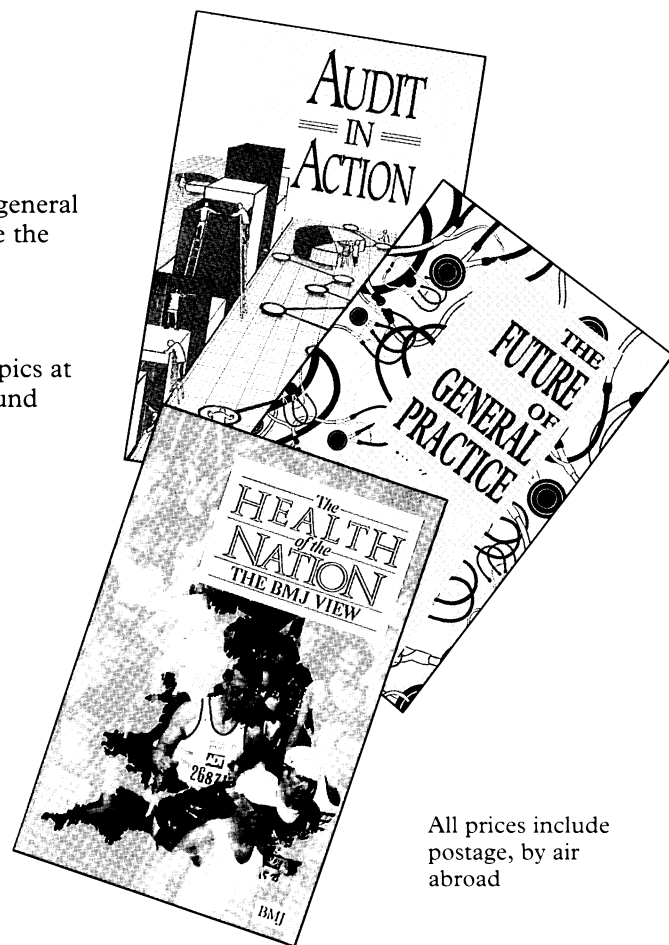
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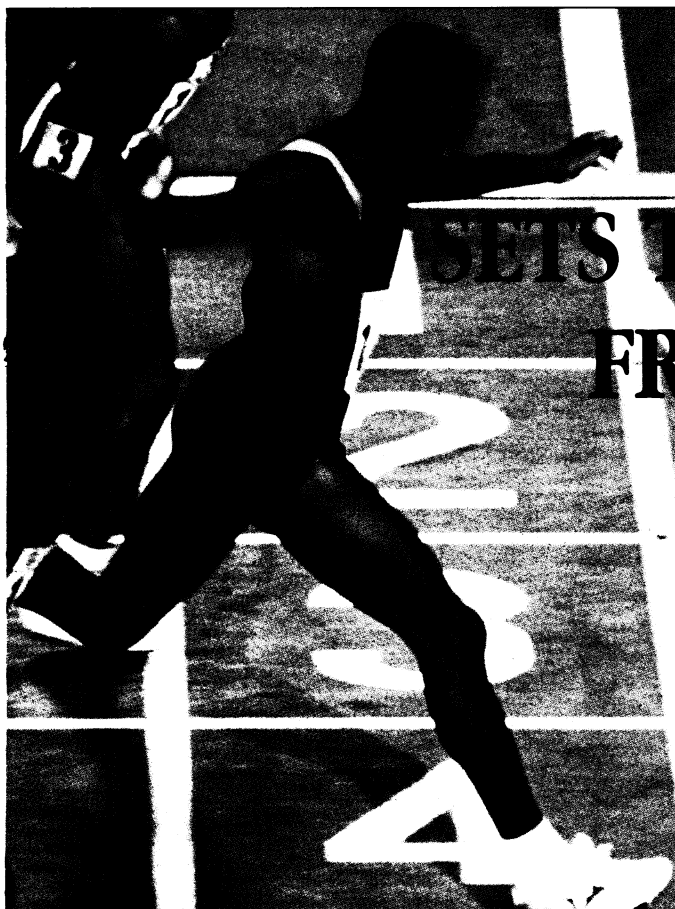
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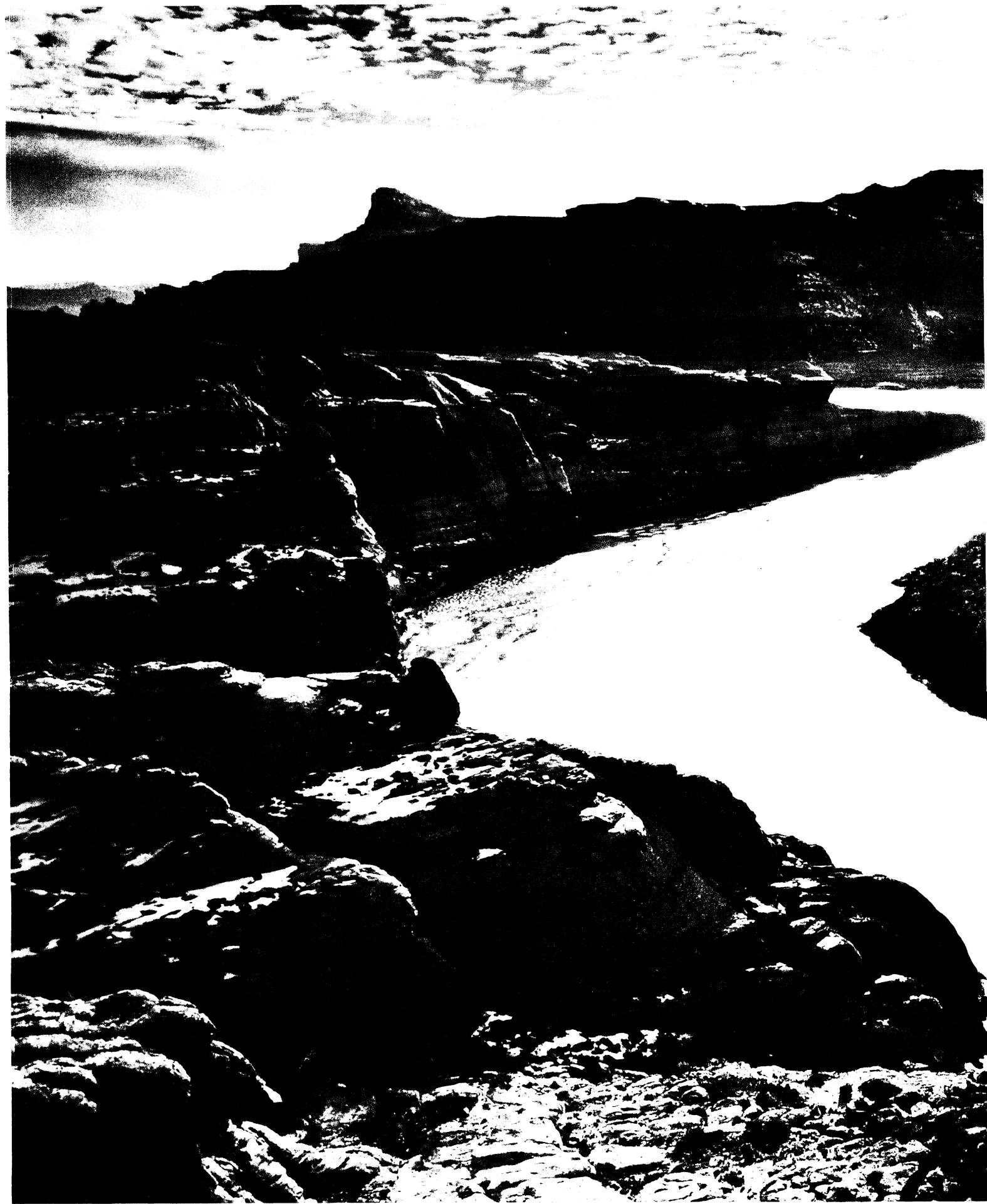
**Presentation:** White, sugar-coated tablets each containing 135mg mebeverine hydrochloride. Available in packs of 100. Basic NHS price £8.35. Yellow, banana-flavoured sugar-free suspension containing mebeverine pamoate equivalent to 50mg mebeverine hydrochloride per 5ml. Available in bottles of 300ml. Basic NHS price £3.50.  
**Indications:** 1. Irritable bowel syndrome. 2. Gastro-

intestinal spasm secondary to organic diseases.  
**Dosage and Administration:** Tablets: Adults and children ten years and over: One tablet three times a day, preferably 20 minutes before meals. Suspension: Adults and children ten years and over: 15ml (150mg) three times a day, preferably 20 minutes before meals. **Contra-indications, warnings, etc:** Animal experiments have failed to show any terato-

genic effects. However, the usual precautions concerning the administration of any drug during pregnancy should be observed. **Product Licence Number:** Tablets: 0512/0044; Suspension: 0512/0061. Further information is available on request to the Company. Duphar Laboratories Limited, Gaters Hill, West End, Southampton, SO3 3JD. Telephone: 0703 472281

**duphar**

C/Hosp Ad/1/88



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Rarely, reversible mental confusion states, usually in very ill or elderly patients. Rare cases of leucopenia and thrombocytopenia, usually reversible, agranulocytosis and pancytopenia. Hypersensitivity reactions, anaphylactic shock. Rare cases of breast symptoms in men. As with other H<sub>2</sub>-receptor antagonists rare cases of bradycardia, A-V block and asystole (see data sheet).

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# For NSAID peace of mind

## CYTOTEC

### Abbreviated Prescribing Information

**Presentation:** Tablet containing misoprostol 200 micrograms.

**Uses:** Healing of duodenal and gastric ulcer induced by non-steroidal anti-inflammatory drugs (NSAID) in arthritic patients at risk, whilst continuing NSAID therapy. Prophylaxis of NSAID-induced ulcers. Healing of duodenal and gastric ulcer.

**Dosage:** Adults including the elderly.

**Healing of duodenal and gastric ulcer:** 800 micrograms daily in four divided doses taken with food.

**Prophylaxis of NSAID-induced ulcer:** Usual dose 200 micrograms twice daily taken with food. Higher frequency NSAID use - 200 micrograms three times a day. Refer to data sheet for additional information.

**Contraindications:** Pregnant women, women planning a pregnancy, patients allergic to prostaglandins.

**Warnings:** Pre-menopausal women should use effective contraception and be advised of the risks of taking Cytotec if pregnant.

**Precautions:** Cytotec does not produce hypotension in clinical studies at ulcer-healing doses, nevertheless exercise caution in disease states where hypotension might precipitate severe complications. Cytotec should not be administered during breast feeding.

**Adverse effects:** Diarrhoea, abdominal pain, dyspepsia, flatulence, nausea, vomiting, dizziness, skin rashes.

In women - menorrhagia, intermenstrual bleeding, vaginal bleeding.

**Basic NHS Price:** £13 per 56 tablets.

**Product Licence Number:** 0020/0115.

Data sheet with full prescribing information is available on request.

## SEARLE

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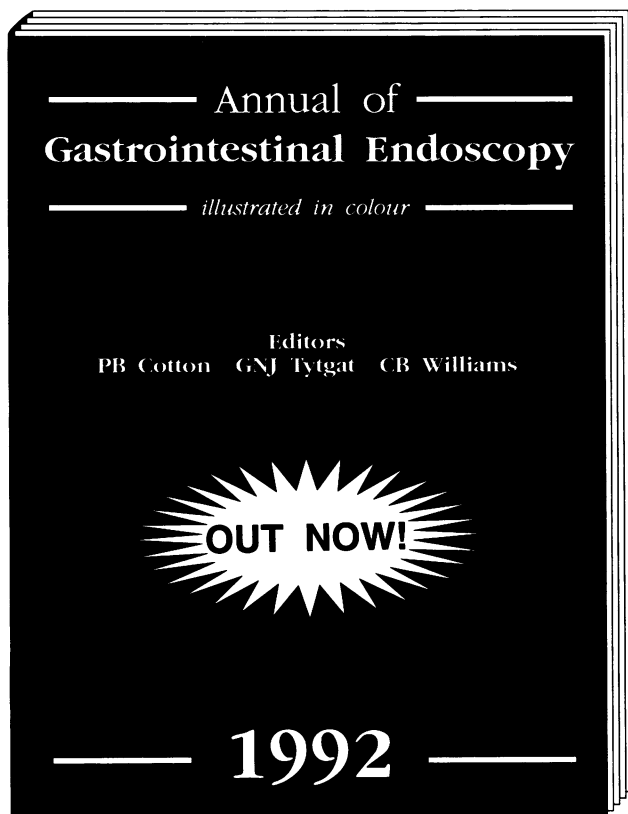
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“This book can unreservedly be recommended for all active gastrointestinal endoscopy units. It is an excellent way of being kept abreast of changes in techniques and their application. This is an unusual case where an annual subscription is recommended!”

*DG Colin-Jones*



1992 CONTENTS	
<b>PB Cotton GNJ Tytgat and CB Williams</b>	<b>Preface</b>
	<b>Commentaries</b>
<b>P Plumeri</b>	Risk management for gastrointestinal endoscopists
<b>SR Brazer</b>	Endoscopic trials and statistics
	<b>Reviews</b>
<b>CB Williams</b>	General topics in endoscopy
<b>JR Bennett</b>	Endoscopy of the oesophagus
<b>GNJ Tytgat</b>	Endoscopy of the stomach
<b>J Baillie</b>	Endoscopy of the duodenum and small bowel
<b>CP Swain</b>	Endoscopy of gastrointestinal bleeding
<b>D Fleischer</b>	Lasers and tumour probes
<b>JD Waye</b>	Enteroscopy
<b>T Rösch and M Classen</b>	Endoscopic ultrasonography
<b>RA Kozarek</b>	Endoscopy and the pancreas
<b>PJ Connors and DL Carr-Locke</b>	Endoscopy and gallstones
<b>GA Lehman and RH Hawes</b>	Endoscopic management of biliary strictures
<b>HW Boyce Jr</b>	Laparoscopy
<b>MB Kimmey</b>	Instrumentation
<b>KJ Benkov</b>	Paediatric endoscopy
<b>CB Williams</b>	Colonoscopy: general aspects, polyps and cancer
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# Why settle for 54% remis

## PRESCRIBING INFORMATION: Dipentum

**Presentation:** Caramel coloured capsules containing 250mg olsalazine sodium. **Uses:** Oral treatment of acute mild ulcerative colitis and the maintenance of remission. Olsalazine consists of two molecules of 5-amino-salicylic acid (5-ASA) joined through an azo-bond. The systemic absorption of olsalazine is minimal. 99% of an oral dose will reach the colon. Olsalazine is activated in the colon where it is converted into 5-ASA. The release of 5-ASA is neither pH nor time dependent. 5-ASA acts topically on the colonic mucosa and local colonic concentrations of 5-ASA are more than 1000 times that found in the serum. **Dosage and Administration:** *Acute Mild Disease:* Adults including the Elderly. Commence on 1g daily in divided doses and, depending upon the patient response, titrate the dose upwards to a maximum of 3g daily over 1 week. A single dose should not exceed 1g. Olsalazine should be taken with food. *Remission:* Adults including the Elderly. Two capsules (0.5g) twice daily taken with food. **Contra-indications:** **Warnings etc:** **Contra-indications:** Hypersensitivity to salicylates. There is no experience of the use of olsalazine in patients with significant renal impairment. Olsalazine is contra-indicated in patients with significant renal impairment. **Pregnancy:** Reproduction studies performed in mice, rats and rabbits have revealed no evidence of impaired fertility, harm to the foetus or teratogenic effects due to olsalazine administration. However, the experience of use in pregnant women is limited. Dipentum should not be used during pregnancy unless the clinician considers that the potential benefit outweighs the possible risk to the foetus. **Lactation:** There are no data on the excretion of olsalazine in breast milk. **Adverse Reactions:** Watery diarrhoea has been recorded in 15% of patients treated. In half of these patients the diarrhoea was either transient or overcome by dose reduction. In patients who do not respond to dose reduction the drug should be stopped. As with sulphasalazine and mesalazine gastrointestinal side-effects are the most common. The most frequently reported adverse reactions are diarrhoea, abdominal cramps, headache, nausea, dyspepsia, arthralgia and rash. **Treatment of Overdose:** There is no specific antidote to olsalazine. Treatment should be supportive. **Pharmaceutical Precautions:** Store at room temperature in a dry place. **Legal Category:** POM. **Package Quantities:** Containers of 100 capsules. **Further Information:** Olsalazine has been used concomitantly with glucocorticosteroids. **Product Licence Number:** 0009/0069. **Product Licence Holder:** Pharmacia Biosystems Ltd, Davy Avenue, Knowlhill, Milton Keynes MK5 8PH. **Distributed by:** Kabi Pharmacia Ltd., Davy Avenue, Knowlhill, Milton Keynes MK5 8PH. **References:** 1. Courtney, M.G. et al. (1992) *The Lancet*, **339**: 1279-1281 2. Courtney, M.G. et al. (1990) *The 9th World Congress of Gastroenterology*, Sydney, Australia, Abstr. PP727.



Kabi Pharmacia

mission when you can achieve 76%?<sup>1</sup>



Ulcerative colitis can ruin lives with its distressing cycle of relapses. Surely the most rewarding strategy, once you've done the job of controlling the acute phase of this disease, is to maintain remission as effectively as possible.



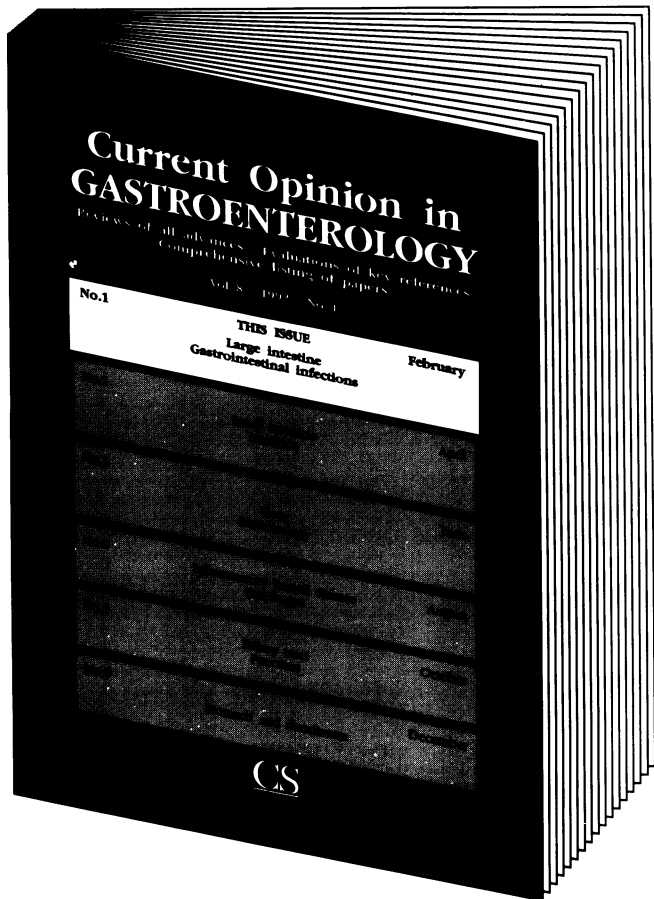
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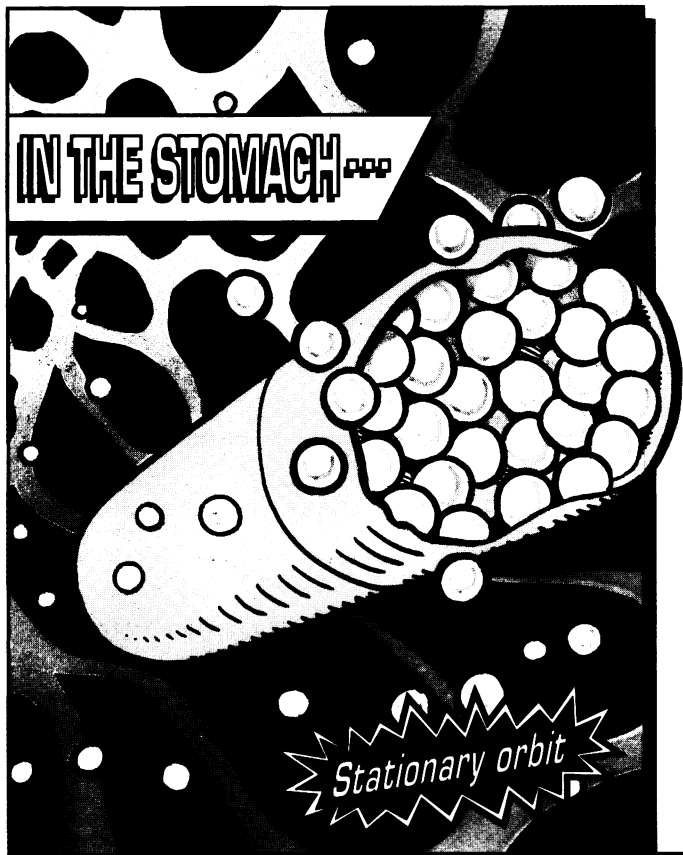
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EX13

# Creon arrives rather than travelling in hope



Enteric-coated microspheres remain protected against gastric acid whilst mixing thoroughly with food ...



Rising pH rapidly releases active pancreatin for thorough digestion and control of steatorrhoea



**Superior control of steatorrhoea<sup>†</sup>**

<sup>†</sup>Compared with standard enteric-coated tablets in pancreatic insufficiency<sup>1,2</sup>

**Prescribing Information**

**Presentation:** Brown-yellow capsules containing enteric coated granules of pancreatin equivalent to: 9,000 BP units of amylase; 8,000 BP units of lipase; 210 BP units of protease. Available in packs of 100. Basic NHS price £13.33.

**Indication:** Pancreatic exocrine insufficiency.

**Dosage and administration:** Adults and children: Initially one or two capsules with meals, then adjust according to response. The capsules can be swallowed whole, or for ease of administration they may be opened and the granules taken with fluid or soft food, but without chewing. If the granules are mixed with food, it is important that they are taken immediately, or otherwise dissolution of the enteric coating may result.

**Contra-indications, Warnings, etc.:** Contra-indications: Substitution with pancreatic enzymes is contra-indicated in the early stages of acute pancreatitis.

**Warnings:** Use in pregnancy; there is inadequate evidence of safety in use during pregnancy.

The product is of porcine origin.

Rarely cases of hyper-uricosuria and hyper-uricaemia have been reported with high doses of pancreatin. Overdosage could precipitate meconium ileus equivalent.

Perianal irritation could occur, and, rarely, inflammation when large doses are used.

**Product Licence Number:** 5727/0001.

**Name and address of Licence Holder:** Kali Chemie Pharma GmbH, Postfach 220, D-3000, Hannover 1, West Germany.

**References**

1. Stead RJ et al. *Thorax* 1987;42:533-537. 2. Beverley DW et al. *Arch Dis Child* 1987;62:564-568.

**duphar**

Further information is available from:  
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