

Gastric-resistant Tablet, 20 mg esomeprazole

**PROFESSIONAL INFORMATION****SCHEDULING STATUS:**

S2

**1. NAME OF THE MEDICINE****NEXIPRAZ OTC****2. QUALITATIVE AND QUANTITATIVE COMPOSITION****NEXIPRAZ OTC**

Each gastro-resistant tablets tablet contains esomeprazole magnesium 20,7 mg equivalent to esomeprazole 20 mg.

Contains 30 mg sugar (sucrose)

For the full list of excipients, see section 6.1.

**3. PHARMACEUTICAL FORM**

Gastric-resistant tablets

Light brick red to brown coloured, oval, biconvex, film coated tablets with 'E5' debossed on one side and plain on the other side.

**4. CLINICAL PARTICULARS****4.1 Therapeutic indications**

**NEXIPRAZ OTC** tablets are indicated for:

Temporary, short-term relief of heartburn and hyperacidity

**4.2 Posology and method of administration****Posology**

The recommended dose is 20 mg (one tablet) daily, for a maximum treatment period of 14 days.

The duration of treatment is up to 2 weeks. Once complete relief of symptoms has

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occurred, treatment should be discontinued.

If no symptom relief is obtained within 14 days of continuous treatment, the patient should be instructed to consult a doctor.

**Special populations***Impaired renal function*

Dose adjustment is not required in patients with impaired renal function. Due to limited experience in patients with severe renal insufficiency, such patients should be treated with caution.

*Impaired hepatic function*

Dose adjustment is not required in patients with mild to moderate liver impairment. For patients with severe liver impairment, a maximum daily dose of 20 mg **NEXIPRAZ OTC** should be used.

*Elderly*

Dose adjustment is not required in the elderly.

*Paediatric population*

There is no experience with **NEXIPRAZ OTC** in the paediatric population below 18 years of age.

**Method of administration**

The tablets should be swallowed whole with liquid. The tablets should not be chewed or crushed. The tablets can also be dispersed in half a glass of non-carbonated water. No other liquids should be used. Stir until the tablets disintegrate and drink the liquid with the pellets immediately or within 30 minutes. Rinse the glass with half a glass of water and drink. The pellets must not be chewed or crushed. For patients who cannot swallow, the tablets can be dispersed in non-carbonated water and administered through a gastric tube.

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**4.3 Contraindications**

- Known hypersensitivity to esomeprazole, substituted benzimidazoles or any other constituents of **NEXIPRAZ OTC**.
- Co-administration with atazanavir and nelfinavir (see section 4.5).

**4.4 Special warnings and precautions for use****General:**

Patients should be instructed to consult a doctor if:

- They have significant unintentional weight loss, recurrent vomiting, dysphagia, haematemesis or melaena and when gastric ulcer is suspected or present, malignancy should be excluded as treatment with **NEXIPRAZ OTC** may alleviate symptoms and delay diagnosis.
- They have had previous gastric ulcer or gastrointestinal surgery.
- They have been on continuous symptomatic treatment of indigestion or heartburn for 4 or more weeks.
- They have jaundice or severe liver disease.
- They are aged over 55 years with new or recently changed symptoms.

Patients with long-term recurrent symptoms of indigestion or heartburn should see their doctor at regular intervals. Patients over 55 years taking any non-prescription indigestion or heartburn remedy on a daily basis should inform their pharmacist or doctor.

***Patients should not take Nexipraz OTC as a long-term preventative medicine:***

Treatment with proton pump inhibitors may lead to slightly increased risk of gastric intestinal infections such as *Salmonella* and *Campylobacter*.

PPI therapy like esomeprazole as in **NEXIPRAZ OTC** may be associated with an increased risk of *Clostridium difficile* associated with watery diarrhoea, stomach pain and fever, especially in hospitalised patients. Patients should consult their doctor before taking this medicinal product if they are due to have an endoscopy or urea breath test.

**Gastric-resistant Tablet, 20 mg esomeprazole*****Subacute cutaneous lupus erythematosus (SCLE)***

Proton pump inhibitors are associated with infrequent cases of SCLE. If lesions occur, especially in sun-exposed areas of the skin, and if accompanied by arthralgia, the patient should seek medical help promptly and the health care professional should consider stopping **NEXIPRAZ OTC** after previous treatment with a proton pump inhibitor may increase the risk of SCLE with other proton pump inhibitors.

***Combination with other medicines***

Co-administration of esomeprazole with atazanavir, nelfinavir and clopidrogel is contraindicated (see section 4.3 and 4.5).

Esomeprazole is a CYP2C19 inhibitor. When starting or ending treatment with esomeprazole, the potential for interactions with medicines metabolised through CYP2C19 should be considered.

Patients should not take another PPI or H2 antagonist concomitantly.

***Renal failure***

Interstitial nephritis may progress to chronic renal inflammation and renal failure as it is not necessarily reversed when treatment is discontinued.

***Interference with laboratory tests***

Increased Chromogranin A (CgA) level may interfere with investigations for neuroendocrine tumours. To avoid this interference, **NEXIPRAZ OTC** treatment should be stopped for at least 5 days before CgA measurements (see section 5.1). If CgA and gastrin levels have not returned to reference range after initial measurements should be repeated 14 days after cessation of proton pump inhibitor treatment.

***Sucrose***

**NEXIPRAZ OTC** contains sugar (sucrose). Patients with rare hereditary conditions such as fructose intolerance, glucose-galactose mal-absorption or sucrase-isomaltase insufficiency should not take **NEXIPRAZ OTC**.

Sucrose may have an effect on the glycaemic control of patients with diabetes mellitus.

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Interaction studies have only been performed in adults

***Effects of NEXIPRAZ OTC on the pharmacokinetics of other medicines***

As esomeprazole is one enantiomer of omeprazole it is reasonable to advise about interactions reported with omeprazole.

***Protease inhibitors***

Increased gastric pH during omeprazole treatment may change the absorption of the protease inhibitors. Other possible interaction mechanisms are via inhibition of CYP2C19.

***Atazanavir & nelfinavir***

Esomeprazole decreases the concentration of atazanavir and nelfinavir. Co-administration of **NEXIPRAZ OTC** and atazanavir or nelfinavir is contra-indicated (see section 4.3).

***Methotrexate***

When given together with PPIs in **NEXIPRAZ OTC** methotrexate levels have been reported to increase in some patients. In high-dose methotrexate administration a temporary withdrawal of **NEXIPRAZ OTC** may need to be considered.

***Tacrolimus***

Concomitant administration of esomeprazole as in **NEXIPRAZ OTC** has been reported to increase the serum levels of tacrolimus. A reinforced monitoring of tacrolimus concentrations as well as renal function (creatinine clearance) should be performed, and dosage of tacrolimus adjusted if needed.

***Medicines with pH dependent absorption***

The decreased intragastric acidity during treatment with **NEXIPRAZ OTC**, might increase or decrease the absorption of medicines if the mechanism of absorption is influenced by gastric acidity. The absorption of ketoconazole, itraconazole and erlotinib can decrease and the absorption of digoxin can increase during treatment with **NEXIPRAZ OTC**. Caution should

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be exercised when **NEXIPRAZ OTC** is given at high doses in elderly patients. Therapeutic monitoring of digoxin should be reinforced.

*Medicines metabolised by CYP2C19*

Esomeprazole inhibits CYP2C19, the major esomeprazole metabolising enzyme. Thus, when esomeprazole is combined with medicines metabolised by CYP2C19, such as diazepam, citalopram, imipramine, clomipramine, phenytoin etc., the plasma concentrations of these medicines may be increased and a dose reduction could be needed. This should be considered especially when prescribing **NEXIPRAZ OTC** for on demand therapy.

*Diazepam*

Concomitant administration of 30 mg esomeprazole resulted in a 45 % decrease in clearance of the CYP2C19 substrate diazepam.

*Phenytoin*

Concomitant administration of 40 mg esomeprazole resulted in a 13 % increase in trough plasma levels of phenytoin in epileptic patients; dose adjustment was not required.

*Voriconazole*

Omeprazole (40 mg once daily) increased voriconazole (a CYP2C19 substrate)  $C_{max}$  and AUC by 15 % and 41 %, respectively.

*Cilostazol*

Omeprazole as well as esomeprazole act as inhibitors of CYP2C19. Omeprazole, given in doses of 40 mg to healthy subjects in a cross-over study, increased  $C_{max}$  and AUC for cilostazol by 18 % and 26 % respectively, and one of its active metabolites by 29 % and 69 % respectively.

*Warfarin*

Concomitant administration of 40 mg esomeprazole to warfarin-treated patients showed that, despite a slight elevation in the trough plasma concentration of the less potent R-isomer of warfarin, the coagulation times were within the accepted range. However, as with all

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patients receiving warfarin, monitoring is recommended during concomitant treatment with **NEXIPRAZ OTC**.

*Clopidogrel*

Studies in healthy subjects have shown that concomitant use of esomeprazole and clopidogrel resulted in reduced plasma concentrations of the active metabolite of clopidogrel and a reduction in platelet inhibition. An increase in cardiovascular events has also been reported. Concomitant use of **NEXIPRAZ OTC** and clopidogrel should be avoided

*Cisapride*

In healthy volunteers, concomitant administration of 40 mg esomeprazole resulted in a 32 % increase in area under the plasma concentration-time curve (AUC) and a 31 % prolongation of elimination half-life ( $t_{1/2}$ ) but no significant increase in peak plasma levels of cisapride. This interaction did not alter the influence of cisapride on cardiac electrophysiology.

***Effects of other medicines on the pharmacokinetics of esomeprazole:****Medicines which inhibit CYP2C19 and/or CYP3A4*

Esomeprazole is metabolised by CYP2C19 and CYP3A4. Concomitant administration of esomeprazole and a CYP3A4 inhibitor, clarithromycin (500 mg twice daily), resulted in a doubling of the exposure (AUC) to esomeprazole. Dose adjustment of **NEXIPRAZ OTC** is not required.

*Medicines which induce CYP2C19 and/or CYP3A4*

Medicines known to induce CYP2C19 or CYP3A4 or both (such as rifampicin and St John's wort (*Hypericum perforatum*)) may lead to decreased esomeprazole serum levels by increasing the esomeprazole metabolism.

**Gastric-resistant Tablet, 20 mg esomeprazole****4.6 Fertility, pregnancy and lactation****Pregnancy**

Safety during pregnancy has not been established.

**Breastfeeding**

Safety during breastfeeding has not been established.

**Fertility**

Reported animal studies with the racemic mixture omeprazole, given by oral administration do not indicate effects with respect to fertility.

**4.7 Effects on ability to drive and use machines**

**NEXIPRAZ OTC** may cause somnolence, dizziness and blurred vision. As concentration may be impaired, patients should be advised to exercise caution when driving or operating machinery (see section 4.8).

**4.8 Undesirable effects****Summary of the safety profile**

Headache, abdominal pain, diarrhoea and nausea are among those adverse reactions that have been most commonly reported in clinical trials (and also from post-marketing use). In addition, the safety profile is similar for different formulations, treatment indications, age groups and patient populations. No dose-related adverse reactions have been identified.

**Tabulated list of adverse reactions****Table 1**

<b>MedDRA System Organ Class</b>	<b>Frequent</b>	<b>Less Frequent</b>	<b>Frequency Unknown</b>
<b>Infections and infestations</b>		<i>Clostridium difficile</i> associated diarrhoea.	

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<b>Blood and the lymphatic system disorders</b>		Leukopenia, thrombocytopenia,	Agranulocytosis, Pancytopenia.
<b>Immune system disorders</b>		Hypersensitivity reactions e.g. angioedema, anaphylactic reaction.	
<b>Metabolism and nutrition disorders</b>		Hyponatraemia, Peripheral oedema	Hypomagnesaemia Severe hypomagnesaemia can correlate with hypocalcaemia, hypomagnesaemia may also be associated with hypokalaemia.
<b>Nervous system disorders</b>	Headache	Dizziness, somnolence paraesthesia	Taste disturbance
<b>Psychiatric disorders</b>		Insomnia, reversible confusional state, agitation, depression.	Aggression Hallucinations.
<b>Eye disorders</b>		Blurred vision	
<b>Ear and labyrinth disorders</b>		Vertigo	
<b>Respiratory, thoracic and mediastinal disorders</b>		Bronchospasm	
<b>Gastric-intestinal disorders</b>	Abdominal pain, diarrhoea, flatulence, nausea / vomiting, constipation	Dry mouth, stomatitis, taste disturbances, gastric-intestinal candidiasis	Microscopic colitis
<b>Hepato-biliary disorders</b>		Increased liver enzymes, hepatitis with or without jaundice.	Hepatic encephalopathy, hepatic failure
<b>Skin and subcutaneous tissue disorders</b>	Skin rashes	Dermatitis, pruritus, urticaria, alopecia, bullous eruption, erythema multiforme, Stevens-Johnson syndrome, toxic epidermal necrolysis (TEN), photosensitivity	Subacute cutaneous lupus erythematosus
<b>Musculoskeletal connective tissue and bone disorders</b>		Arthralgia, myalgia, fracture of hip, wrist or spine or muscular weakness.	

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<b>Renal and urinary disorders</b>		Interstitial nephritis	Renal failure
<b>Reproductive system and breast disorders</b>		Gynaecomastia	
<b>General disorders and administration site condition</b>		Fatigue, increased sweating, malaise	

### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>.

### 4.9 Overdose

The symptoms described in connection with deliberate **NEXIPRAZ OTC** overdose (limited experience of doses in excess of 280 mg/day) are transient. No specific antidote is known. Esomeprazole is extensively plasma protein bound and is, therefore, not readily dialysable. As in any case of overdose, treatment should be symptomatic and general supportive measures should be utilised.

## 5. PHARMACOLOGICAL PROPERTIES

A 11.4.3 Medicines acting on gastro-intestinal tract. Other.

### 5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Drugs for acid-related disorders proton pump inhibitors.

ATC code: A02B C05

Esomeprazole, the S-isomer of omeprazole reduces gastric acid secretion through specific

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inhibition of the acid pump in the parietal cell.

**Mechanism of action**

Esomeprazole is a weak base and is concentrated and converted to the active form in the acidic environment of the secretory canaliculi of the parietal cell—and where it inhibits the enzyme H<sup>+</sup>K<sup>+</sup>-ATPase—the acid pump. It inhibits both basal and stimulated acid secretion.

**Pharmacodynamic effects**

After oral dosing with esomeprazole 20 mg and 40 mg the onset of effect occurs within 1 hour. After repeated administration with esomeprazole 20 mg once daily for 5 days, mean peak acid output after pentagastrin stimulation is decreased by 90 % when measured 6- 7 hours after dosing on day five.

After five days of oral dosing with 20 mg and 40 mg of esomeprazole, intragastric pH above 4 was maintained for a mean time of 13 hours and 17 hours, respectively over 24 hours in symptomatic Gastro-oesophageal Reflux Disease (GORD) patients.

Using AUC as a surrogate parameter for plasma concentration, a relationship between inhibition of acid secretion and exposure has been shown.

Food intake has no significant influence on the effect of esomeprazole on intragastric acidity.

**Other effects related to acid inhibition**

During treatment with antisecretory medicines serum gastrin increases in response to the decreased acid secretion.

Decreased gastric acidity due to any means including PPIs, increases gastric counts of bacteria normally present in the gastrointestinal tract. Treatment with PPIs may lead to slightly increased risk of gastrointestinal infections such as *Salmonella* and *Campylobacter* and in hospitalised patients, also possibly *Clostridium difficile* (see section 4.4).

**Clinical Efficacy**

In the reported two multicenter, randomized, double-blind, placebo-controlled pivotal

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studies 234 subjects with a recent history of frequent heartburn were treated with 20 mg esomeprazole for 4 weeks. Symptoms associated with acid reflux (such as heartburn and acid regurgitation) were evaluated according to standard methodology. In both studies esomeprazole 20 mg was significantly better compared to placebo for the primary endpoint, complete resolution of heartburn ( $p < 0.001$ ) and for the secondary endpoints such as relief of heartburn, days without heartburn and mean heartburn severity scoring. This applies for all of the time points 1, 2 and 4 weeks of treatment and for both day and night time scoring with increasing treatment effect by time. Furthermore, approximately 78 % of the subjects on esomeprazole reported first resolution of heartburn within the first week of treatment.

The median time to first resolution of night-time heartburn was 1 day. About 80 % of nights were heartburn free during all time periods and 90 % of nights were heartburn free by week 2 of each trial.

Subjects also demonstrated relief of reflux symptoms other than heartburn, including regurgitation (58,5 %-63,6 % showed relief during week 2 evaluation). Following Overall Treatment Evaluation (OTE) of patients at week 2, 78,0-80,7 % of patients, reported their condition as improved. The majority of these rated the importance of this change to be Important to Extremely Important in performing their activities of daily living (79-86 % at week 2).

**5.2 Pharmacokinetic properties***Absorption*

Esomeprazole is acid labile and is administered orally as enteric-coated tablets. In vivo conversion to the R-isomer is negligible. Absorption of esomeprazole is rapid, with peak plasma levels occurring approximately 1-2 hours after dose.

The absolute bioavailability is 89 % after repeated once-daily administration. For 20 mg esomeprazole the corresponding values are 50 % and 68 % respectively. Food intake both

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delays and decreases the absorption of esomeprazole although this has no significant influence on the effect of esomeprazole on intragastric acidity.

*Distribution*

The apparent volume of distribution at steady state in healthy subjects is approximately 0,22 litres/kg body weight.

Esomeprazole is 97 % plasma protein bound

*Biotransformation*

Esomeprazole is completely metabolised by the cytochrome P450 system (CYP). The major part of the metabolism of esomeprazole is dependent on the polymorphic CYP2C19, responsible for the formation of the hydroxy and desmethyl metabolites of esomeprazole. The remaining part is dependent on another specific isoform, CYP3A4, responsible for the formation of esomeprazole sulphone, the main metabolite in plasma.

*Elimination*

The parameters below reflect mainly the pharmacokinetics in individuals with a functional CYP2C19 enzyme, extensive metabolisers.

Total plasma clearance is about 17 litres/hour after a single dose and about 9 litres per hour after repeated administration. The plasma elimination half-life is about 1,3 hours after repeated once-daily dosing. Esomeprazole is completely eliminated from plasma between doses with no tendency for accumulation during once-daily administration.

The major metabolites of esomeprazole have no effect on gastric acid secretion. Almost 80 % of an oral dose of esomeprazole is excreted as metabolites in the urine, the remainder in the faeces. Less than 1 % of the parent compound is found in urine.

**Linearity/Non-linearity**

The area under the plasma concentration-time curve increases with repeated administration of esomeprazole. This increase is dose-dependent and results in a non-linear dose-AUC relationship after repeated administration.

This time and dose dependency is due to a decrease of first pass metabolism and systemic

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clearance probably caused by an inhibition of the CYP2C19 enzyme by esomeprazole and/or its sulphone metabolite.

**Special patient populations*****Poor metabolisers***

Approximately  $2.9 \pm 1.5$  % of the population lack a functional CYP2C19 enzyme and are called poor metabolisers. In these individuals the metabolism of esomeprazole is probably mainly catalysed by CYP3A4. After repeated once-daily administration of 40 mg esomeprazole, the mean area under the plasma concentration-time curve is approximately 100 % higher in poor metabolisers than in subjects having a functional CYP2C19 enzyme (extensive metabolisers). Mean peak plasma concentrations were increased by about 60 %. These findings have no implications for the posology of esomeprazole.

**Elderly patients**

The metabolism of esomeprazole is not significantly changed in elderly subjects (71-80 years of age).

**Gender**

Following a single dose of 40 mg esomeprazole the mean area under the plasma concentration-time curve is approximately 30 % higher in females than in males. No gender difference is seen after repeated once-daily administration. These findings have no implications for the dosage of esomeprazole.

**Hepatic impairment**

The metabolism of esomeprazole in patients with mild to moderate liver dysfunction may be impaired. The metabolic rate is decreased in patients with severe liver dysfunction resulting in a doubling of the area under the plasma concentration-time curve of esomeprazole. Therefore, a maximum of 20 mg should not be exceeded in patients with severe dysfunction. Esomeprazole or its major metabolites do not show any tendency to accumulate with once daily dosing.

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No studies have been performed in patients with decreased renal function. Since the kidney is responsible for the excretion of the metabolites of esomeprazole, but not for the elimination of the parent compound, the metabolism of esomeprazole is not expected to be changed in patients with impaired renal function.

**6. PHARMACEUTICAL PARTICULARS****6.1 List of excipients**

The active substance is esomeprazole magnesium 20,7 mg equivalent to esomeprazole 20 mg.

The other ingredients are sugar spheres crospovidone, diethylphthalate, hydroxypropyl cellulose, hypromellose phthalate, purified talc, microcrystalline cellulose, povidone, sodium stearyl fumarate.

Film coating material. Opadry brown, polyethylene glycol.

**6.2 Incompatibilities**

Not applicable.

**6.3 Shelf life**

36 Months

**6.4 Special precautions for storage**

Store at or below 25 °C.

Do not remove the blisters from the carton until required for use.

KEEP OUT OF REACH OF CHILDREN.

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### **6.5 Nature and contents of container**

**NEXIPRAZ OTC** is available in cartons contains 7 and 14 tablets packed in cold form blister strips or desiccant embedded cold form blister strips. Each blister strip contains 7 tablets.

#### ***Description of desiccant embedded cold form blister pack***

Cold forming laminate composed of aluminium foil of one side bright, soft tempered, plain, dull side lacquer laminated to oriented polyamide film; other side extrusion coated with desiccant embedded polyethylene and further having an outer layer of HDPE with lidding foil.

#### ***Description of cold form blister pack***

Cold form Blister pack comprise of cold form blister laminate composed of aluminium foil (one side bright, soft tempered, plain; dull side lacquer laminated to oriented polyamide film; bright side lacquer laminated to PVC film), PVC and polyamide with a backing of aluminium foil coated with heat seal lacquer.

### **6.6 Special precautions for disposal**

No special requirements.

## **7. HOLDER OF-CERTIFICATE OF REGISTRATION**

Ranbaxy Pharmaceuticals (Pty) Ltd

14 Lautre Road

Stormill Ext.1

Roodepoort, 1724

South Africa

## **8. REGISTRATION NUMBERS**

**NEXIPRAZ OTC:** 45/11.4.3/0121

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**9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

02 October 2014

**10. DATE OF REVISION OF THE TEXT**

07 August 2023.