

PATIENT INFORMATION LEAFLET

PANOLIMUS 1 mg Capsules

For oral administration

Active ingredient: 1 mg tacrolimus (monohydrate)

Excipient(s): Hypromellose, lactose anhydrous, croscarmellose sodium, magnesium stearate, gelatin, titanium dioxide E171, yellow iron (III) oxide E172

Read all of this PATIENT INFORMATION LEAFLET carefully before you start using this medicine, because it contains important information for you.

- *Keep this patient information leaflet. You may need to read it again later.*
- *If you have any further questions, consult your doctor or pharmacist.*
- *This medicine is prescribed for you individually, do not pass it on to others.*
- *During usage of this medicine, when you go to a doctor or a hospital tell your doctor that you are using this medicine.*
- *Follow these instructions exactly. Do not use **higher or lower dosages** of this medicine except for recommended dosages.*

What is in this leaflet:

1. *What PANOLIMUS is and what it is used for?*
2. *What you need to know before you take PANOLIMUS*
3. *How to take PANOLIMUS*
4. *Possible side effects*
5. *How to store PANOLIMUS*

1. What PANOLIMUS is and what it is used for?

PANOLIMUS 1 mg hard capsule contains white to off-white granular powder and it is presented as a carton of 50's (10 number of capsules packed in blister strip and 5 number of such blister strips are packed in carton)

PANOLIMUS belongs to a group of medicines called immunosuppressants. Following your organ transplant (e.g. liver, kidney, heart), your body's immune system will try to reject the new organ. PANOLIMUS is used to control your body's immune response enabling your body to accept the transplanted organ.

PANOLIMUS is often used in combination with other medicines that also suppress the immune system.

You may also be given PANOLIMUS for an ongoing rejection of your transplanted liver, kidney, heart or other organ or if any previous treatment you were taking, was unable to control this immune response after your transplantation.

2. What you need to know before you take PANOLIMUS

Do not take PANOLİMUS

- If you are allergic (hypersensitive) to tacrolimus or any of the other ingredients of PANOLİMUS
- If you are allergic (hypersensitive) to any antibiotic belonging to the subgroup of macrolide antibiotics (e.g. erythromycin, clarithromycin, josamycin).

Warnings and precautions

Talk to your doctor or pharmacist before taking PANOLİMUS

- You will need to take PANOLİMUS every day as long as you need immunosuppression to prevent rejection of your transplanted organ. You should keep in regular contact with your doctor.
- Whilst you are taking PANOLİMUS your doctor may want to carry out a number of tests (including blood, urine, heart function, visual and neurological tests) from time to time. This is quite normal and will help your doctor to decide on the most appropriate dose of PANOLİMUS for you.
- Please avoid taking any herbal remedies, e.g. St. John's wort (*Hypericum perforatum*) or any other herbal products as this may affect the effectiveness and the dose of PANOLİMUS that you need to receive. If in doubt, please consult your doctor prior to taking any herbal products or remedies.
- If you have liver problems or have had a disease, which may have affected your liver, please tell your doctor as this may affect the dose of PANOLİMUS that you receive.
- If you have diarrhoea for more than one day, please tell your doctor, because it might be necessary to adapt the dose of PANOLİMUS that you receive.
- Limit your exposure to sunlight and UV light whilst taking PANOLİMUS by wearing appropriate protective clothing and using a sunscreen with a high sun protection factor. This is because of the potential risk of malignant skin changes with immunosuppressive therapy.
- If you need to have any vaccinations, please inform your doctor beforehand. Your doctor will advise you on the best course of action.

Please consult your doctor, even if these statements were applicable to you at any time in the past.

PANOLİMUS with food and drink

You should generally take PANOLİMUS on an empty stomach or at least 1 hour before or 2 to 3 hours after a meal. Grapefruit and grapefruit juice should be avoided while taking PANOLİMUS.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine. PANOLİMUS is excreted into breast milk. Therefore, you should not breast-feed whilst receiving PANOLİMUS.

Driving and using machines

Do not drive or use any tools or machines if you feel dizzy or sleepy, or have problems seeing clearly after taking PANOLÍMUS. These effects are more frequently observed if PANOLÍMUS is taken in conjunction with alcohol use.

Important information about excipients of PANOLÍMUS

PANOLÍMUS contains lactose. If you have intolerance to other glucose derivatives consult your doctor before taking this medicine.

Other medicines and PANOLÍMUS

Tell your doctor or pharmacist if you are taking, have recently taken, or might take any other medicines, including medicines obtained without a prescription and herbal remedies.

PANOLÍMUS must not be taken with ciclosporin.

PANOLÍMUS blood levels can be affected by other medicines you take, and blood levels of other medicines can be affected by taking PANOLÍMUS, which may require interruption, an increase, or a decrease in PANOLÍMUS dose. In particular, you should tell your doctor if you are taking or have recently taken medicines with active substances like:

- antifungal medicines and antibiotics (particularly so-called macrolide antibiotics) used to treat infections e.g. ketoconazole, fluconazole, itraconazole, voriconazole, clotrimazole, erythromycin, clarithromycin, josamycin and rifampicin
- HIV protease inhibitors (e.g. ritonavir)
- medicines for stomach ulcer and acid reflux (e.g. omeprazole)
- hormone treatments with ethinylestradiol (e.g. the oral contraceptive pill) or danazol
- medicines for high blood pressure or heart problems such as nifedipine, nicardipine, diltiazem and verapamil
- anti-arrhythmic medicines (amiodarone) used to control arrhythmia (uneven beating of the heart)
- medicines known as “statins” used to treat elevated cholesterol and triglycerides
- the anti-epileptic medicines phenytoin or phenobarbital
- the corticosteroids prednisolone and methylprednisolone
- the anti-depressant nefazodone
- herbal preparations containing St. John's Wort (*Hypericum perforatum*)

Tell your doctor if you are taking or need to take ibuprofen, amphotericin B, or antivirals (e.g. aciclovir). These may worsen kidney or nervous system problems when taken together with PANOLÍMUS.

Your doctor also needs to know if you are taking potassium supplements or potassium-sparing diuretics (e.g., amiloride, triamterene, or spironolactone), certain painkillers (so-called NSAIDs, e.g. ibuprofen), anticoagulants, or oral medication for diabetic treatment, while you take PANOLÍMUS.

If you need to have any vaccinations, please inform your doctor beforehand.

3. How to take PANOLIMUS

Instructions for proper usage and dosage/administration frequency:

Always take PANOLIMUS exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Make sure that you receive the same tacrolimus medicine every time you collect your prescription; unless your transplant specialist has agreed to change to a different tacrolimus medicine. This medicine should be taken twice a day. If the appearance of this medicine is not the same as usual, or if dosage instructions have changed, speak to your doctor or pharmacist as soon as possible to make sure that you have the right medicine.

The starting dose to prevent the rejection of your transplanted organ will be determined by your doctor calculated according to your body weight. Initial doses just after transplantation will generally be in the range of 0.075 – 0.30 mg per kg body weight per day depending on the transplanted organ.

Your dose depends on your general condition and on which other immunosuppressive medication you are taking. Regular blood tests by your doctor will be required to define the correct dose and to adjust the dose from time to time. Your doctor will usually reduce your PANOLIMUS dose once your condition has stabilized. Your doctor will tell you exactly how many capsules to take and how often.

PANOLIMUS is taken orally twice daily, usually in the morning and evening. You should generally take PANOLIMUS on an empty stomach or at least 1 hour before or 2 to 3 hours after the meal.

Administration route and method: The capsules should be swallowed as whole with a glass of water. Take the capsules immediately following removal from the blister. Avoid grapefruit and grapefruit juice while taking PANOLIMUS.

Different age groups

Use in children:

It should be used as recommended by your doctor

Use in elderly:

There is no special condition for use in elderly.

Special conditions

Renal impairment:

There is no special condition for use with renal impairment.

Liver impairment:

It should be used as recommended by your doctor.

If you notice that the effects of PANOLIMUS are too low or too high, talk to your doctor or pharmacist.

If you take more PANOLIMUS than you should

If you have accidentally taken too much PANOLIMUS see your doctor or contact your nearest hospital emergency department immediately.

If you forget to take PANOLIMUS

Do not take a double dose to make up for forgotten individual doses.

If you have forgotten to take your PANOLIMUS capsules, wait until it is time for the next dose, and then continue as before.

Do not take double doses to balance the forgotten dose.

Possible effects occurred after end of the PANOLIMUS treatment

Stopping your treatment with PANOLIMUS may increase the risk of rejection of your transplanted organ.

Do not stop your treatment unless your doctor tells you to do so.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects

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

PANOLIMUS reduces your body's own defence mechanism to stop you rejecting your transplanted organ. Consequently, your body will not be as good as usual at fighting infections. So if you are taking PANOLIMUS you may therefore catch more infections than usual such as infections of the skin, mouth, stomach and intestines, lungs and urinary tract.

Severe side effects such as allergic and anaphylactic reactions have been reported. Benign and malignant tumors have been reported following PANOLIMUS therapy as a consequence of suppression of the immune system.

Side effects are ordered according to following categories:

Very common : it can be seen minimum 1 patient of 10 patients.

Common : it can be seen less than 1 of 10 patients and more than 1 patient of 100 patients.

Uncommon : it can be seen in less than 1 of 100 patients, more than 1 patient of 1000 patients.

Rare : it can be seen less than 1 of 1000 patient, more than 1 patient of 10,000 patients.

Very rare : it can be seen less than 1 patient of 10,000 patients.

If any of the followings occur, stop using PANOLIMUS and IMMEDIATELY inform your doctor or go to the emergency service of the nearest hospital:

Rare side effects:

- Blindness
- Deafness
- Quick fatigue, shortness of breath
- Acute breathlessness

Uncommon side effects:

- Stroke, paralysis, brain disorder, speech and language abnormalities, memory problems
- Blurring of the vision due to abnormality in the lens of the eye
- Impaired hearing
- Irregular heartbeat, stop of heartbeat, reduced performance of your heart, disorder of the heart muscle, enlargement of the heart muscle, stronger heartbeat, abnormal ECG, heart rate and pulse abnormal
- Shock, faint

These are very serious side effects. If you have any of side effects above, you are seriously allergic to PANOLIMUS. Intermediate medical care or hospitalization may be required.

If any of the followings occur, immediately inform your doctor or go to the emergency service of the nearest hospital:

Very rare side effects:

- Muscular weakness
- Painful urination with blood in the urine

Rare side effects:

- Small bleeds in your skin due to blood clots
- Increased muscle stiffness
- Serious illness with blistering of skin, mouth, eyes and genitals, increased hairiness
- Feeling of tightness in your chest, decreased mobility, ulcer

Uncommon side effects:

- Difficulties in breathing, respiratory tract disorders, asthma
- Collection of fluid in the belly, vomiting, indigestion, flatulence, bloating
- Inability to urinate

Common side effects:

- Bleeding, reduced blood pressure
- Shortness in breath,
- Bleeds in the stomach
- Changes in liver enzymes and function, yellowing of the skin due to liver problems
- Insufficient function of the kidneys, reduced production of urine, impaired or painful urination
- Insufficient function of your transplanted organ

These are serious side effects. Intermediate medical care may be required.

If any of the followings occur, immediately inform your doctor:

Very rare side effects:

- Increase of fat tissue

Rare side effects:

- Thirst, fatigue

Uncommon side effects:

- Dermatitis, burning sensation in the sunlight
- Joint disorders
- Painful menstruation and abnormal menstrual bleeding
- Failure of some organs, influenza like illness, increased sensitivity to heat and cold, feeling of pressure on your chest, jittery or abnormal feeling, weight loss

Common side effects:

- Decreased appetite
- Anxiety symptoms, confusion and disorientation, depression, mood changes, nightmare, hallucination, mental disorders
- Fits, disturbances in consciousness, tingling and numbness (sometimes painful) in the hands and feet, dizziness, impaired writing ability, nervous system disorders
- Blurred vision, increased sensitivity to light, eye disorders
- Ringing sound in your ears
- Faster heartbeat
- Inflammation of the pharynx, cough, flu-like symptoms
- Inflammations or ulcers causing abdominal pain or diarrhoea, bleeds in the stomach, inflammations or ulcers in the mouth, collection of fluid in the belly, vomiting, abdominal pains, indigestion, constipation, flatulence, bloating, loose stools, stomach problems
- Itching, rash, hair loss, acne, increased sweating

- Pain in joints, limbs or back, muscle spasms
- General weakness, fever, collection of fluid in your body, pain and discomfort, increase of the enzyme alkaline phosphatase in your blood, weight gain, feeling of temperature disturbed

Very common side effects:

- Increased blood sugar, diabetes mellitus,
- Difficulty in sleeping
- Trembling, headache
- Increased blood pressure
- Diarrhoea, nausea
- Kidney problems

These are mild side effects.

If you notice any side effects which are not mentioned in this leaflet, inform your doctor or pharmacist.

5. How to store PANOLİMUS

Keep PANOLİMUS out of the sight and reach of children.

Do not use PANOLİMUS after the expiry date which is stated on the carton and on the blister after “Exp”.

The expiry date refers to the last day of that month.

Store in the original packing, in order to protect the contents against moisture.

Do not store above 25°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

Marketing Authorisation Holder:

BIEM İlaç San. ve Tic. A.Ş.
Turgut Reis Cad. No: 21 06570
Tandoğan - Ankara

Manufacturer

Panacea Biotec Ltd,
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