Package leaflet: Information for the user

Proursan 250 mg capsules hard
Ursodeoxycholic acid

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- 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 only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Proursan is and what it is used for

Ursodeoxycholic acid, the active substance in <Product name>, is a naturally-occurring bile acid. Small amounts are found in human bile.

Proursan is used:
- To dissolve gallstones caused by excess cholesterol in the gall bladder (in patients for whom surgery is not an option), where the gallstones are not visible on a plain x-ray (gallstones that are visible will not dissolve) and not more than 15 mm in diameter. The gall bladder should still be working despite the gallstone(s).

- To treat inflammation of the stomach lining due to the backflow of bile acids (bile reflux gastritis).

- For the treatment of primary biliary cholangitis (PBC) a condition where the bile ducts in the liver become damaged leading to a build-up of bile. This may cause scarring of the liver (cirrhosis of the liver). The liver should not be so damaged that it is not functioning properly.

- For liver disease associated with a condition called cystic fibrosis in children aged 6 to 18 years.

2. What you need to know before you take Proursan

Do not take Proursan if
- you are allergic to bile acids (like ursodeoxycholic acid) or to any of the other ingredients of this medicine (listed in section 6).
- you have acute inflammation of the gall bladder and biliary tract.
- you have a blockage of the common bile duct or cystic duct (obstruction of the biliary tract).
- you have frequent cramp-like pains in the upper abdomen (biliary colic).
- your doctor has said you have calcified gallstones.
- your gall bladder does not work properly.
- you are a child with biliary atresia and have poor bile flow, even after surgery.

Please ask your doctor about any of the conditions mentioned above. You should also ask if you have previously had any of these conditions.

Warnings and precautions
Talk to your doctor or pharmacist before taking Proursan.

Your doctor should test your liver function regularly every 4 weeks for the first 3 months of treatment. After this time, it should be monitored at 3 months intervals.

When used to dissolve gallstones, your doctor should arrange for a scan of your gall bladder after the first 6–10 months of treatment.

If you are taking Proursan for the dissolution of gallstones, please inform your doctor, in case you are taking any medicines that contain oestrogenic hormones, as these medicines stimulate the formation of gallstones.

When used in the treatment of PBC, in rare cases the symptoms may worsen at the beginning of treatment. If this happens, please speak to your doctor about reducing your initial dose.

Please inform your doctor immediately if you have diarrhoea, as this may require a dose reduction or discontinuation of treatment.

Children
There are no age restrictions on the use of Proursan. The use of Proursan depends on body weight and the disease.

Other medicines and Proursan
Please tell your doctor if you are also taking or using medicines with the following active substances. The effects of these medicines may be altered.

A **reduction in the effects** of Proursan is possible when taking it with the following medicines:
- cholestyramine, colestipol (used to lower blood lipid levels) or antacids containing aluminium hydroxide or smectite (aluminium oxide) (used to bind stomach acid): If you must take medication that contains any of these substances, it must be taken at least two hours before or after Proursan.

A **reduction in the effects** of the following medicines is possible when taking Proursan:
- ciprofloxacin, and dapsone (antibiotics), nitrendipine (used to treat high blood pressure) and other medicines that are metabolized in a similar way. It may be necessary for your doctor to alter the dose of these medicines.

A **change in the effects** of the following medicines is possible when taking Proursan:
- ciclosporin (to reduce the activity of the immune system). If you are being treated with ciclosporin, your doctor should check the amount of ciclosporin in your blood. If necessary, your doctor will adjust its dose.
- rosuvastatin (for high cholesterol and related conditions).

If you are taking Proursan for the dissolution of gallstones, please inform your doctor, in case you are taking any medicines that contain oestrogenic hormones or blood cholesterol lowering agents such as clofibrate. These medicines stimulate the formation of gallstones, which is a counter-effect to the treatment with Proursan.

Tell your doctor or pharmacist if you are taking or using, have recently taken or used or might take or use any other medicine.

Pregnancy, breast-feeding and fertility
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.

Pregnancy
There are no or limited amounts of data from the use of ursodeoxycholic acid in pregnant women. Studies in animals have shown reproductive toxicity. Proursan must not be used during pregnancy unless clearly necessary.

Women of child-bearing potential
Even if you are not pregnant, you should still consult your doctor.
Women of childbearing potential should be treated only if they use reliable contraception: non-hormonal or low-oestrogen oral contraceptive measures are recommended.
However, if you are taking Proursan to dissolve your gallstones, you should use effective, non-hormonal contraceptive measures, as hormonal oral contraceptives may promote the formation of gallstones.
Your doctor must exclude the possibility of a pregnancy before beginning of treatment.

Breast-feeding
According to few documented cases of breastfeeding women milk levels of ursodeoxycholic acid are very low and probably no adverse reactions are to be expected in breastfed infants.

Fertility
Animal studies did not show an influence of ursodeoxycholic acid on fertility. Human data on fertility effects following treatment with ursodeoxycholic acid are not available.

Driving and using machines
No effects on the ability to drive and use machines have been observed.

3. How to take Proursan

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

To dissolve cholesterol gallstones

Dosage
The recommended dose is about 10 mg ursodeoxycholic acid per kg body weight (BW) daily, as follows:

up to 60 kg	2 capsules
61–80 kg	3 capsules
81–100 kg	4 capsules
over 100 kg	5 capsules

Method of administration
Swallow the capsules whole with a drink of water or other liquid. Take the capsules in the evening at bedtime. Take your medicine regularly.

Duration of treatment
It generally takes 6-24 months to dissolve gallstones. If there is no reduction in the size of the gallstones after 12 months, therapy should be stopped.
Every 6 months, your doctor should check whether the treatment is working. At each of these follow-up examinations, it should be checked whether a build-up of calcium causing hardening of the stones has occurred since the last time. If this happens, your doctor will stop the treatment.

To treat bile reflux gastritis

Method of administration
Take 1 capsule a day in the evening before bedtime. Swallow the capsule whole (not chewed) with some liquid.

Duration of treatment
To treat bile reflux gastritis, Proursan should generally be taken for 10–14 days. Your doctor will decide on the duration of treatment, depending on the progression of your disease.

For primary biliary cholangitis (chronic inflammatory disease of the biliary ducts)

Dosage
During the first 3 months of treatment, you should take Proursan in the morning, at midday and in the evening. As liver function values improve, the total daily dose can be taken once daily in the evening.

Body weight BW (kg)	Proursan 250 mg capsules hard			
	First 3 months			**Subsequently**
	morning	midday	evening	evening (once daily)
47–62	1	1	1	3
63–78	1	1	2	4
79–93	1	2	2	5
94–109	2	2	2	6
over 110	2	2	3	7

Method of administration
Swallow the capsules whole with a drink of water or other liquid. Take your medicine regularly.

Duration of treatment
Proursan may be continued indefinitely in cases of primary biliary cholangitis.

Note:
If you have primary biliary cholangitis, your symptoms may worsen at the start of treatment. One sign of this may be increased itching. This happens only in rare cases. In this event, treatment can be continued with a reduced daily dose of Proursan. Your doctor will then increase the daily dose every week, until the required dose is once again reached.

Use in children (6 to 18 years) for treatment of liver disease associated with cystic fibrosis
The recommended dose is about 20 mg/kg/day in 2-3 divided doses. If necessary your doctor may increase the dose further to 30mg per kg body weight daily.

Body weight (kg)	Proursan 250 mg capsules hard		
	morning	midday	evening
20–29	1	-	1
30–39	1	1	1
40–49	1	1	2
50–59	1	2	2
60–69	2	2	2
70–79	2	2	3
80–89	2	3	3
90–99	3	3	3
100–109	3	3	4
over 110	3	4	4

For patients who are unable to swallow Proursan, other pharmaceutical forms (suspension) containing ursodeoxycholic acid are available.

If you feel that the effect of Proursan is too strong or too weak, please talk to your doctor or pharmacist.

If you take more Proursan than you should
Diarrhoea may occur in the event of an overdose. Please inform your doctor immediately if you have persistent diarrhoea. If you do suffer from diarrhoea, make sure you drink enough liquids to replace your fluid and electrolyte balance.

If you forget to take Proursan
Do not take a double dose to make up for a forgotten dose, but just continue the treatment with the prescribed dose.

If you stop taking Proursan
Always talk to your doctor before you decide to interrupt treatment with Proursan or to stop your treatment early.

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.

Common side effects (may affect up to 1 in 10 people)
- soft, loose stools or diarrhoea.

Very rare side effects (may affect up to 1 in 10,000 people)
- during the treatment of primary biliary cholangitis: severe, right-sided upper abdominal pain, severe worsening of liver scarring - this partially eases after treatment is stopped.
- hardening of gallstones due to build up of calcium.
- nettle rash (urticaria).

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. You can also report side effects directly via HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; e-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Proursan

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and container after “EXP”. The expiry date refers to the last day of that month.

This medicine does not require any special storage conditions.

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.

6. Contents of the pack and other information

What Proursan contains

- The active substance is ursodeoxycholic acid. Each capsule contains 250 mg ursodeoxycholic acid.
- The other ingredients are maize starch, maize starch pregelatinised, silica colloidal anhydrous, magnesium stearate, gelatin, titanium dioxide.

What Proursan looks like and contents of the pack

Proursan are white capsules. They contain a white or almost white powder.
Proursan is available in packs of 10, 30, 50, 60, 90 or 100 capsules.
Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

PRO.MED.CS Praha a.s., Telčská 377/1, Michle, 140 00 Praha 4, Czech Republic

This medicinal product is authorised in the Member States of the EEA under the following names:

Germany:	Ursonorm 250 mg Hartkapseln
Belgium:	Ursosan 250 mg capsules, hard
Bulgaria:	Ursosan 250 mg capsules, hard
Czech Republic:	Ursonorm
Finland:	Ursosan 250 mg kapseli, kova
Ireland:	Proursan 250 mg capsules hard
Luxembourg:	Ursosan 250 mg gélule
Norway:	Ursosan 250 mg kapsler, harde
Portugal:	Proursan 250 mg cápsulas
Slovak Republic:	Ursonorm 250 mg tvrdé kapsuly

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