

About Temirab-DSR Capsule

Temirab-DSR Capsule is used to treat:

- Symptoms of acid reflux due to hyperacidity
- Stomach ulcer (peptic ulcer disease)
- Zollinger-Ellison syndrome (overproduction of acid due to a pancreatic tumour)

It is also used short-term to treat gastroesophageal reflux disease (GERD) symptoms. GERD is a condition where the sphincter (valve) at the stomach's uppermost part gets irritated and damaged due to excessive acid production. This leads to stomach acid and juice flowing back into the food pipe, causing stomach upset and heartburn.

Composition

Temirab-DSR Capsule contains:

- **Rabeprazole:** A proton pump inhibitor that reduces stomach acid by blocking the actions of an enzyme (H⁺/K⁺ ATPase or gastric proton pump).
- **Domperidone:** A prokinetic agent that increases gastrointestinal motility and blocks the vomiting-inducing centre (chemoreceptor trigger zone - CTZ).

Usage Instructions

- Take **Temirab-DSR Capsule** an hour before a meal or on an empty stomach for the best results.
- Swallow the capsule whole with a glass of water; do not chew, crush, or break it.
- Continue taking it as long as prescribed by your doctor.

Common Side Effects

Adults:

- Headache
- Diarrhoea
- Nausea
- Abdominal pain
- Vomiting
- Flatulence
- Dizziness
- Arthralgia (joint pain)

Children:

- Upper respiratory tract infections (URI)
- Fever
- Rash

Medicinal Benefits

Temirab-DSR Capsule helps:

- Reduce excessive stomach acid
- Prevent ulcers in the duodenum (upper part of the intestine)
- Treat GERD with or without ulcers
- Manage Zollinger-Ellison syndrome
- Relieve symptoms of nausea and vomiting in adults and children over 12 years of age

Precautions and Warnings

- Avoid **Temirab-DSR Capsule** if allergic to its components or proton pump inhibitors.
- Inform your doctor about any liver or kidney conditions, or if undergoing tests like Chromogranin A blood test.
- Long-term use may cause:
 - Vitamin B12 deficiency
 - Low calcium or magnesium levels
 - Osteoporosis (weak bones)

Drug Interactions

Drug-Drug Interactions:

Temirab-DSR Capsule interacts with:

- Blood thinners (e.g., Clopidogrel, Warfarin)
- Antifungals (e.g., Ketoconazole, Voriconazole)
- Anti-HIV drugs (e.g., Atazanavir, Nelfinavir)
- Antibiotics (e.g., Clarithromycin, Rifampicin)
- Iron supplements
- Anti-cancer drugs (e.g., Methotrexate)

Drug-Food Interactions:

- Avoid St. John's Wort (used as an antidepressant) as it may interfere with this medicine.

Dietary and Lifestyle Advice

- Avoid triggers like caffeinated beverages, citrus fruits, tomatoes, spicy foods, and alcohol.
- Consume high-fiber foods, leafy greens, berries, and fermented dairy products.
- Raise the head of your bed to prevent acid reflux while sleeping.

Storage

- Store in a cool, dry place away from sunlight.

FAQs

1. What is Temirab-DSR Capsule used for?

It treats GERD, acid reflux, heartburn, peptic ulcers, and indigestion.

2. Can it cause dry mouth?

Yes, domperidone in the capsule may cause dry mouth. Drink fluids and rinse your mouth frequently.

3. Is it safe during pregnancy or breastfeeding?

Consult your doctor, as the benefits and risks need to be evaluated.

4. Can it cause abnormal heartbeats?

Rarely, it may increase the risk of arrhythmias, especially in older adults.

5. What should I do in case of an overdose?

Contact a doctor immediately if you suspect an overdose.