**Applicant/PHCR:** **AUROGEN SA (PTY) LTD**
**Product proprietary name:** **DIRBAFIN XR 500 mg and DIRBAFIN XR 750 mg**
**Dosage form and strength:** **EXTENDED-RELEASE TABLETS 500 mg, 750 mg**
**Approved: 4 March 2023**

**S3**

# PATIENT INFORMATION LEAFLET

**DIRBAFIN XR 500 mg** (tablet)

**DIRBAFIN XR 750 mg** (tablet)

Metformin hydrochloride USP. Sugar free

**Read all of this leaflet carefully before you start taking DIRBAFIN XR.**

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- DIRBAFIN has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

**What is in this leaflet**:

1. What DIRBAFIN XR is and what it is used for
2. What you need to know before you use DIRBAFIN XR
3. How to use DIRBAFIN XR
4. Possible side effects
5. How to store DIRBAFIN XR
6. Contents of the pack and other information

## 1. What DIRBAFIN XR is and what it is used for

DIRBAFIN XR contains the active ingredient metformin, which is used for the treatment of Type 2 (noninsulin dependent) diabetes mellitus when diet and exercise changes alone have not been enough to control blood glucose (sugar).

DIRBAFIN XR assists the body to utilise glucose and help bring the blood glucose levels to normal readings.

DIRBAFIN XR extended-release tablets are made to release the medicine slowly in your body.

## 2. What you need to know before you take DIRBAFIN XR

**Do not take DIRBAFIN XR:**

- If you are hypersensitive to metformin hydrochloride or any of the ingredients of DIRBAFIN XR.
- You have severe complications of your diabetes such as diabetic ketoacidosis, a metabolic state resulting from a profound lack of insulin.
- Your kidneys do not work properly or do not work at all.
- You suffer from short term conditions that may affect your kidney function e.g. dehydration, severe infection, shock, administration of iodinated contrast media through the veins.
- You suffer from short or long term conditions that may cause a lack of oxygen to your tissues such as heart or breathing failure, a recent heart attack, shock.
- If you have liver problems, suffer from acute alcohol intoxication, alcoholism (acute or chronic)
- If you are pregnant.

**Take special care with DIRBAFIN XR:**

- Lactic acidosis is a rare, but serious and life threatening complication that can occur when lactic acid builds up in the blood stream faster than it can be removed. Symptoms include nausea, vomiting, abdominal pain and low body temperature. This complication could happen when DIRBAFIN XR accumulates in your blood, especially if you have serious kidney dysfunction. DIRBAFIN XR treatment should be stopped and you should be hospitalised.
- DIRBAFIN XR should be discontinued 48 hours before surgery with general anaesthesia and should not be usually resumed earlier than 48 hours afterwards.
- Since DIRBAFIN XR is excreted by kidney, tests to determine if the kidneys are working should be conducted:

– annually in patients with normal renal function,

– At least two to four times a year if you suffer from high serum creatinine levels and if you are older than 65 years old.

- Other precautions:

– All patients should continue their diet with a regular distribution of carbohydrate intake during the day. Overweight patients should continue their energy-restricted diet.

– If you are taking vitamin B12, DIRBAFIN XR may cause malabsorption of vitamin B12. You should check your vitamin B12 levels annually.

– If you are administered an iodinated contrast agent (which can cause renal failure), DIRBAFIN XR should be stopped prior and you should only start taking DIRBAFIN XR again once it has been established that your kidneys are working normally.

– The usual laboratory tests for diabetes monitoring should be performed regularly.

– Although DIRBAFIN XR alone never causes hypoglycaemia, caution is advised when it is used in combination with insulin or sulphonylureas.

**Children**

DIRBAFIN should not be given to children, as there is no data available.

**Taking other medicines with DIRBAFIN XR:**

Always tell your healthcare professional if you are taking any other medicine. (This includes all complementary or traditional medicines).

**Other medicines and DIRBAFIN XR:**

**Combinations that should be avoided when taking DIRBAFIN XR:**

- Drinking alcohol and alcohol-containing medications.
- Administration of iodinated contrast medicines in your veins as this may lead to kidney failure, resulting in DIRBAFIN XR accumulation and a risk of lactic acidosis, where lactic acid builds up in the bloodstream faster than it can be removed causing nausea and vomiting. DIRBAFIN XR should be discontinued prior to, or at the time of the test and not reinstituted until 48 hours afterwards, and only after renal function has been re-evaluated and found to be normal.

**Take special care when using any of the following medications together with DIRBAFIN XR**

- Glucocorticoids (systemic and local routes) that are used to treat conditions that involve inflammation, beta-2-agonist medicines that opens the airways especially in patients with asthma, and diuretics (medication that helps your body get rid of extra fluid)
- ACE-inhibitors (medicines used to treat high blood pressure)
- Cimetidine (medicines used to treat stomach ulcers)

- Anticoagulants (medicines used to thin the blood)
- Sulphonylurea (medicines that control your blood glucose levels)
- Vitamins (Long term use of DIRBAFIN XR may cause malabsorption of Vitamin B12 in the gut)
- Carbonic anhydrase inhibitors such as topiramate, zonisamide, acetazolamide, dichlorophenamide (medicines used to treat glaucoma or seizure disorders)
- Medicines that slow down the elimination of DIRBAFIN XR from the body such as ranolazine, vandetanib, dolutegravir

**DIRBAFIN XR with food and drink**

DIRBAFIN XR should be taken with food

**Pregnancy, breastfeeding and fertility**

DIRBAFIN XR must not be taken during pregnancy.

DIRBAFIN XR must not be taken during breastfeeding since there is no available information regarding safety during breastfeeding.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking DIRBAFIN XR.

**Driving and using machines**

DIRBAFIN XR on its own has no effect on the ability to drive or to use machines. Care should however be taken when the DIRBAFIN XR range is combined with other anti-diabetic medicines such as sulphonylureas or insulin, as this may cause low blood glucose levels and might interfere with your driving ability.

## 3. How to take DIRBAFIN XR

Do not share medicines prescribed for you with any other person.

Always take DIRBAFIN XR exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure. Your doctor will tell you how long your treatment with DIRBAFIN XR will last. If you have the impression that the effect of DIRBAFIN XR is too strong or too weak, talk to your doctor or pharmacist.

Your individual dose will be decided by your doctor after laboratory tests and examinations. Always take this medicine as the doctor has instructed you.

DIRBAFIN XR 500 mg:

The usual starting dose is one tablet daily taken with the evening meal. Your doctor may adjust your dose after 10 to 15 days.

The maximum recommended dosage is usually not more than 4 tablets daily.

DIRBAFIN XR 750 mg:

The usual starting dose is one tablet daily taken with the evening meal.

Your doctor may adjust your dose after 10 to 15 days. The maximum recommended dosage is 3 tablets daily

**If you take more DIRBAFIN XR than you should**

In the event of over dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison center.

Hypoglycaemia can occur when DIRBAFIN XR range is given concomitantly with a sulphonylurea, insulin or alcohol. Lactic acidosis may develop. Treatment is supportive and symptomatic.

**If you forget to take DIRBAFIN XR**

If you forgot to take a dose, take it as soon as you remember unless it is nearly time for your next dose. Do not take a double dose to make up for forgotten individual doses.

## 4. Possible side effects

DIRBAFIN XR can have side effects.

Not all side effects reported for DIRBAFIN XR are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking DIRBAFIN XR, please consult your healthcare provider for advice.

If any of the following happens, stop taking DIRBAFIN XR and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing.
- If your body breaks out in a severe rash characterised by blisters or you experience severe itching

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to DIRBAFIN XR. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

Nausea, vomiting, diarrhoea or abdominal pain- this could be a sign of lactic acidosis (see 'Take special care with DIRBAFIN XR' above)

Tell your doctor if you notice any of the following:

**The following side effects occur frequently:**

- Taste disturbances
- Nausea, vomiting, diarrhoea, abdominal pain
- Loss of appetite
- Decrease in vitamin B12 absorption.

**The following side effects occur less frequently:**

- Abnormalities in liver function tests
- Hepatitis (inflamed liver) resolving on DIRBAFIN XR range discontinuation

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

**Reporting of side effects**

If you get side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects via https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of this medicine.

## 5. How to store DIRBAFIN XR

Store at or below 25 °C.

Keep the blisters in the carton until required for use.

Keep HDPE containers tightly closed.

**STORE ALL MEDICINES OUT OF REACH OF CHILDREN.**

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

## 6. Contents of the pack and other information

**What DIRBAFIN XR contains**

The other ingredients of DIRBAFIN XR are:

Cellulose Microcrystalline, Sodium Starch Glycolate, Povidone, Cellulose Microcrystalline, Magnesium Stearate

**What DIRBAFIN XR looks like and contents of the pack**

**DIRBAFIN XR 500 mg:**

White to off-white, capsule shaped, bevelled edge, biconvex uncoated tablets debossed with ‘C’ on one side and ‘29’ on the other side.

**DIRBAFIN XR 750 mg**:

White to off-white, capsule shaped, bevelled edge, biconvex uncoated tablets debossed with ‘A’ on one side and ‘19’ on the other side.

**DIRBAFIN XR 500 mg and 750 mg**

**Blister Pack:**

Blister pack comprises of 250 µm PVC film laminated with 50 µm aclar and 25 µ aluminium foil with 7 gsm heat seal lacquer as the lidding material**.**

**Pack size:** 60's: Printed cardboard carton containing 6 blisters of 10 tablets each.

90's: Printed cardboard carton containing 9 blisters of 10 tablets each.

120's: Printed cardboard carton containing 12 blisters of 10 tablets each.

**HDPE Pack:**

**DIRBAFIN XR 500 mg**

**For 90's count:**

Tablets are packed in white opaque round 150 ml HDPE container with 38 mm neck finish closed with 38 mm white opaque polypropylene stock ribbed closure or continuous thread closure with wad having induction sealing liner. The HDPE container also contains 9 gram per yard rayon coil.

**For 120's count**:

Tablets are packed in white opaque round 200 ml HDPE container with 38 mm neck finish closed with 38 mm white opaque polypropylene stock ribbed closure or continuous thread closure with wad having induction sealing liner. The HDPE container also contains 9 gram per yard rayon coil.

**Pack size:** 90's - One HDPE container contains 90 tablets.

**Pack size:** 120's - One HDPE container contains 120 tablets.

**DIRBAFIN XR 750 mg**

**For 90's count:**

Tablets are packed in white opaque round 200 ml HDPE container

with 38 mm neck finish closed with 38 mm white opaque polypropylene stock ribbed closure or continuous thread closure with wad having induction sealing liner. The HDPE container also contains 9 gram per yard rayon coil.

**For 120's count:**

Tablets are packed in white opaque round 250 ml HDPE container

with 53 mm neck finish closed with 53 mm white opaque polypropylene stock ribbed closure or continuous thread closure with wad having induction sealing liner. The HDPE container also contains 9 gram per yard rayon coil.

**Pack size:** 90's - One HDPE container contains 90 tablets.

**Pack size:** 120's - One HDPE container contains 120 tablets

**NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION**

Aurogen SA (Pty) Ltd
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**DIRBAFIN XR 500 mg**: 47/21.2/0392
**DIRBAFIN XR 750 mg**: 47/21.2/0393

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