ANNEX IIIB
PACKAGE LEAFLET

Tot'héma, oral solution in ampoule
Iron/ manganese/ copper

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- 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.
- You must talk to a doctor if you do not feel better or if you feel worse after 4 weeks.

What is in this leaflet

1. What TOT'HEMA, oral solution is and what it is used for

Pharmacotherapeutic group: ANTIANEMIC PREPARATIONS - ATC code: B03AE10.
This medicine is an iron supplement. It is indicated for:
• the curative treatment of iron deficiency anaemia in adults, children and infants
• the preventive or curative treatment of iron deficiency in pregnant women, infants and children when the dietary intake of iron is inadequate.

2. What you need to know before you take TOT'HEMA, oral solution in ampoule

Do not take TOT'HEMA, oral solution in ampoule
- if you are allergic to iron, manganese or copper or any of the other ingredients of this medicine, listed in section 6,
- if you have iron overload in your body (due to haemochromatosis, thalassemia, refractory anaemia, anaemia due to medullary insufficiency or due to repeated or chronic blood transfusions),
- if you have non-iron deficiency anaemia (e.g., haemolytic anaemia, megaloblastic anaemia, anaemia of inflammation),

- if you have Wilson's disease.

Warnings and precautions
Talk to your doctor or pharmacist before taking TOT'HEMA.
- The prevention of infantile iron deficiency is based on the early introduction of a diversified diet.
- According to data published in the literature, the lining of the stomach and gastrointestinal tract of patients receiving iron-containing medicinal products may be pigmented, which may interfere with gastrointestinal surgery.
- If you take TOT'HEMA for iron deficiency, the cause of the deficiency must be determined and treated.
- If iron deficiency is associated with inflammatory disease, treatment with TOT'HEMA will not be effective.
- In case of false route, the oral solution can accidentally enter your airways or airways of your child. The contact of the product with airways can lead to lesions such as necrosis (death of the tissue) or inflammation of the bronchial tubes (where air passes through the lungs). These lesions can lead to the narrowing of the bronchial tubes. The symptoms associated to these lesions can include: persistent coughing, coughing up blood and/or feeling out of breath, even if the choking happened days to months before these symptoms occurred. In case of inhalation and if you or your child show one or several of these symptoms, contact your doctor as soon as possible or the nearest emergency service for a specific evaluation, to make sure that the airways are not damaged.
- TOT'HEMA must not be administered intravenously.
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- The presence of glucose and of sucrose may be harmful to the teeth in case of prolonged use (e.g., at least 2 weeks).
- This medicine contains 108 mg of alcohol (ethanol) in each ampoule of 10 ml. The amount of ethanol in 10 ml of this medicine is equivalent to less than 3 ml beer or 2 ml wine. The small amount of alcohol in this medicine will not have any noticeable effects.
- This medicine contains less than 1 mmol sodium (23 mg) per ampoule of 10 ml, that is to say essentially 'sodium-free'.
- This medicine contains 20 mg of sodium benzoate in each ampoule of 10 ml. Sodium benzoate may increase jaundice (yellowing of the skin and eyes) in new-born babies (up to 4 weeks old).

Children
This medicine is for infants from 1 month and children.

Other medicines and TOT'HEMA, oral solution in ampoule

If you are already taking the following medicinal products, do not take TOT'HEMA unless your doctor has decided it. Indeed, some medicines cannot be used at the same time, while other medicines require specific changes (for example in the time of intake).
If you are taking injectable iron-containing medicinal products, you should avoid taking TOT'HEMA.
Inform you doctor if you are taking medicines that contain acetohydroxamic acid.
You must take the iron salts 1 to 2 hours before or 4 hours after the ingestion of cholestyramine.
You must wait for at least 2 hours between administration of TOT'HEMA and one of the following medicines:

- antibiotics from the cyclin or fluoroquinolone families (medicinal products used to treat some infections),
- bisphosphonates (medicinal products used to treat bone weakness,
- penicillamine (medicinal product used to treat joint diseases and Wilson's disease),
- medicinal product containing thyroid hormones (medicine used to treat thyroid disease),
- products or medicines containing zinc, calcium or strontium,
- medicinal products to treat Parkinson's disease (entacapone, carbidopa, levodopa),
- medicinal products to treat HIV (bictegravir, integrase inhibitors),
- trientine (medicine used to treat Wilson's disease),
- methyldopa (medicine used to treat arterial hypertension),
- medicinal products to treat excess stomach acidity: gastrointestinal topics, adsorbants, antacids (salts, magnesium, aluminium and calcium oxides and hydroxides).

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

TOT'HEMA, oral solution in ampoule with food and drink
The concomitant intake of whole grain, vegetables, tea, coffee, red wine, dairy products, eggs decreases the absorption of iron. You must wait for at least 2 hours between taking TOT'HEMA and these foods and drinks.

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.This medicine can be used during pregnancy, if necessary.
This medicine can be used during breast-feeding.

Driving and using machines
This medicine has no or negligible effects on the ability to drive or operate machines.

TOT'HEMA, oral solution in ampoule contains glucose, sucrose, ethanol and sodium benzoate (see section 'Take special care with TOT'HEMA').

3. How to take TOT'HEMA, oral solution in ampoule

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

The recommended dose is:

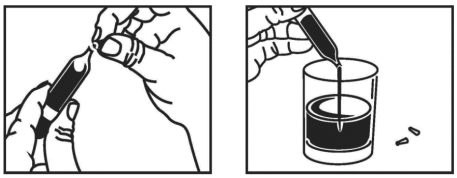
- **As a curative treatment of iron deficiency anaemia:**

For infants from 1 month and children: 3 mg of elemental iron/kg/day, without exceeding 60 mg.
For adults: 100 to 150 mg of elemental iron per day, i.e. 2 to 3 ampoules per day, in single or divided doses.

- **As a preventive and curative treatment of iron deficiency:**

For pregnant women: 50 mg of elemental iron per day, i.e. 1 ampoule per day during the last 2 trimesters of pregnancy (or from the 4th month).

Method and route of administration:
This medicine is taken orally.
Shake the ampoule before use.
Carefully break the ampoule from both sides, as shown in the illustration and, then pour its content into a glass of water (sweetened or not).



Frequency of administration
Take preferably before meals, but the time of administration and sometimes the dose can be adapted according to digestive tolerance.

Treatment duration
Treatment must last long enough to cure anaemia and restore iron stocks, which, in adults, are 600 mg for women and 1200 mg for men.
Anaemia due to iron deficiency: 3 to 6 months depending on the depletion of iron stocks, to be eventually prolonged if the cause of anaemia is not under control.
Follow the duration of treatment.

If you take more TOT'HEMA, oral solution in ampoule than you should
Cases of overdose with iron salts have been reported, particularly in children as a result of massive ingestion. Symptoms of overdosage include:

- gastrointestinal irritations such as vomiting or diarrhoea,
- cardiovascular shock or metabolic acidosis state (rapid or short breathing, increased heart rate, headache, confusion, sleepiness, fatigue, lack of appetite, stomach-ache, vomiting),

- signs of kidney failure (important decrease of urine volume) and hepatic failure (upper right abdominal pain, yellowing of the skin or eyes and dark urine).

If you have taken too much TOT'HEMA, you should immediately contact a doctor or the closest emergency department in order to receive appropriate treatment.

If you forget to take TOT'HEMA, oral solution in ampoule

If you forget to take a dose, continue the treatment according to the recommended dose. Do not take a double dose to make up for a forgotten dose.

If you stop taking TOT'HEMA, oral solution in ampoule

Not applicable.

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 (affecting up to 1 to 10 patients):

- constipation,
- diarrhoea,
- heartburn,
- nausea,
- vomiting,
- black-coloured stools,
- abdominal distension,
- abdominal pain.

Side effects with unknown frequency:

- hypersensitivity,
- anaphylactic reaction (serious allergic reaction with symptoms such as swelling of the face, lips, tongue or throat, wheezing, breathing difficulty, sudden onset of red itching rash, feeling faint or dizzy that may be life-threatening). If you experience any of these reactions, stop using TOT'HEMA and seek immediate medical attention.
- gastrointestinal irritation,
- gastritis (acute stomach inflammation),
- gastrointestinal pseudomelanosis (colouration of stomach and gastrointestinal tractus)*,
- stained teeth**,
- skin rash,
- pruritus (itching),
- urticaria (rash accompanied by itching),
- angioedema (sudden swelling of the lips, cheeks, eyelids, tongue, soft palate, pharynx or glottis),
- allergic dermatitis (allergic skin reaction).

* According to data published in the literature, the lining of the stomach and gastrointestinal tract of patients receiving iron-based treatments may be pigmented, which may interfere with gastrointestinal surgery.

** Brown or black stains on the teeth disappear after treatment ending.

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 the national reporting system: Malta ADR Reporting Website: www.medicinesauthority.gov.mt/adrportal. By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store TOT'HEMA, oral solution in ampoule

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

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

6. Contents of the pack and other information

What TOT'HEMA, oral solution in ampoule contains

The active substances are:

Iron ..... 50.00 mg
Corresponding to ferrous gluconate hydrate ..... 399.73 mg

Manganese..... 1.33 mg
Corresponding to manganese gluconate..... 10.78 mg

Copper ..... 0.70 mg
Corresponding to copper gluconate ……5.00 mg

For a 10 ml ampoule.

The other ingredients are:

Glycerol, liquid glucose, sucrose, citric acid, sodium citrate, sodium benzoate, polysorbate 80, caramel colouring E150c (glucose, ammonium hydroxide), tutti frutti flavouring (isoamyl acetate, isoamyl butyrate, benzaldehyde, ethyl methylphenylglycidate, gamma undecalactone, ethylvanilline, alcohol, water) and purified water.

What TOT'HEMA, oral solution in ampoule looks like and contents of the pack

This medicine is an oral ampoule. TOT'HEMA is a clear dark brown liquid. The presence of a fine precipitate is possible.
Each box contains 20 ampoules.

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