

## Package leaflet: Information for the patient

### **Fultium-D<sub>3</sub> 800 IU Capsules** cholecalciferol (vitamin D<sub>3</sub>)

**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 Fultium-D<sub>3</sub> is and what it is used for
2. What you need to know before you take Fultium-D<sub>3</sub>
3. How to take Fultium-D<sub>3</sub>
4. Possible side effects
5. How to store Fultium-D<sub>3</sub>
6. Contents of the pack and other information

#### **1. What Fultium-D<sub>3</sub> is and what it is used for**

Fultium-D<sub>3</sub> contains the active ingredient cholecalciferol (vitamin D<sub>3</sub>):

Vitamin D<sub>3</sub> regulates the uptake and metabolism of calcium as well as the incorporation of calcium in bone tissue.

Fultium-D<sub>3</sub> is used to prevent and treat vitamin D<sub>3</sub> deficiency in adults and adolescents with an identified risk of vitamin D<sub>3</sub> deficiency.

Fultium-D<sub>3</sub> can also be used as an adjunct to specific bone loss medication.

#### **2. What you need to know before you take Fultium-D<sub>3</sub>**

##### **Do not take Fultium-D<sub>3</sub>**

- if you are allergic to vitamin D or any of the other ingredients of this medicine (listed in section 6)
- if you have high levels of vitamin D in your blood (hypervitaminosis D)
- if you have high blood levels of calcium (hypercalcaemia) or high urine levels of calcium (hypercalciuria)
- if you have kidney stones or serious kidney problems.

##### **Warnings and precautions**

Talk to your doctor or pharmacist before taking Fultium-D<sub>3</sub>

- if you have kidney damage or disease. Your doctor will need to measure the levels of calcium in your blood or urine
- if you are being treated for heart disease
- if you have sarcoidosis (an immune system disorder which may affect your liver, lungs, skin or lymph nodes)

- if you are already taking additional doses of calcium or vitamin D. While you are taking Fultium-D<sub>3</sub> your doctor will monitor your blood levels of calcium to make sure they are not too high.

### **Other medicines and Fultium-D<sub>3</sub>**

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

In particular the following medicines may interact with Fultium-D<sub>3</sub>

- Heart medicines (cardiac glycosides such as digoxin). Your doctor may monitor your heart with an electrocardiogram (ECG) and measure the levels of calcium in your blood.
- Medicines to treat epilepsy (such as phenytoin) or medicines to make you sleep (barbiturates such as phenobarbitone) as these medicines can decrease the effect of vitamin D.
- Glucocorticoids (steroid hormones such as hydrocortisone or prednisolone). These can decrease the effect of vitamin D.
- Laxatives (such as paraffin oil) or a cholesterol lowering drug called colestyramine may reduce the absorption of vitamin D.
- Actinomycin (a medicine used to treat some forms of cancer) and imidazole antifungals (medicines such as clotrimazole and ketoconazole used to treat fungal diseases) as they may interfere with the metabolism of vitamin D.

### **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.

You should not take this medicine during pregnancy without a confirmed vitamin D deficiency.

Higher doses than 4000 IU (five capsules) per day can be harmful.

Fultium-D<sub>3</sub> can be used during breast-feeding when vitamin D deficiency is confirmed. Vitamin D passes over to breast milk. This should be considered when giving additional vitamin D to the breast fed child.

### **Driving and using machines**

Fultium-D<sub>3</sub> has no known effects on ability to drive or use machines.

## **3. How to take Fultium-D<sub>3</sub>**

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

The recommended dose is 1 capsule per day.

The daily dose shall not exceed 4000 IU (five capsules).

The capsules should be swallowed whole with water, preferably with food.

### **Use in children**

Fultium-D<sub>3</sub> 800 IU Capsules are not suitable for children under 12 years.

### **If you take more Fultium-D<sub>3</sub> than you should**

If you accidentally take one capsule too many, nothing is likely to happen. If you accidentally take several capsules too many tell your doctor or get other medical advice immediately. If possible, take the capsules, the box and this leaflet with you to show the doctor. If you take too many capsules you may feel or be sick, become constipated or have stomach pains, weak muscles, tiredness, lack of appetite, kidney problems and in severe cases irregular heartbeats.

**If you forget to take Fultium-D<sub>3</sub>**

If you forget to take your capsules, take them as soon as you can. Do not take a double dose to make up for a forgotten dose. After that, take the next capsule in accordance with the instructions given to you by your doctor.

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.

Side effects with Fultium-D<sub>3</sub> may include:

**Uncommon side effects** (affecting less than 1 in 100 people)

- too much calcium in your blood (hypercalcaemia). You may feel or be sick, lose your appetite, have constipation, stomach ache, feel very thirsty, have muscle weakness, drowsiness or confusion
- too much calcium in your urine (hypercalciuria).

**Rare side effects** (affecting less than 1 in 1000 people)

- skin rash
- itching
- hives

**Reporting of suspected adverse reactions**

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product.

Healthcare professionals are asked to report any suspected adverse reactions via:

HPRA Pharmacovigilance  
Earlsfort Terrace  
IRL – Dublin 2  
Tel: +353 1 6764971  
Fax: +353 1 6762517  
Website: [www.hpra.ie](http://www.hpra.ie)  
e-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)

**5. How to store Fultium-D<sub>3</sub>**

This medicinal product does not require any special temperature storage conditions. Store blister in the original carton in order to protect from light.

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 after “EXP”. The expiry date refers to the last day of that month.

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 Fultium-D<sub>3</sub> 800 IU Capsules contain**

The active substance is cholecalciferol (vitamin D<sub>3</sub>). 1 capsule contains 800 IU cholecalciferol corresponding to 20 microgram vitamin D<sub>3</sub>.

The other ingredients are:

Capsule Content:

- Maize oil, refined
- Butylated hydroxytoluene (BHT) (E321)

Capsule Shell:

- Gelatin (E441)
- Glycerol
- Brilliant Blue FCF (E133)
- Purified Water

### **What Fultium-D<sub>3</sub> looks like and contents of the pack**

Fultium-D<sub>3</sub> 800 IU Capsules are small (10.6 mm x 6.2 mm) translucent blue capsules which have no markings.

It is available in blister packs containing 7, 10, 14, 15, 20, 28, 30, 56, 60, or 90 capsules

Not all pack sizes may be marketed.

### **Marketing Authorisation Holder and Manufacturer**

#### **The Marketing Authorisation Holder is:**

STADA Arzneimittel AG,  
Stadastraße 2–18,  
61118 Bad Vilbel  
Germany

#### **The Manufacturer is:**

Thornton and Ross Limited  
Linthwaite  
Huddersfield  
West Yorkshire  
HD7 5QH  
United Kingdom

Capsugel Ploërmel  
Z.I. de Camagnon  
56 800 Ploërmel  
France

Swiss Caps GmbH  
Grassingerstrasse No.9  
83043 Bad Aibling,  
Germany

STADA Arzneimittel AG  
Stadastrasse 2 – 18  
61118 Bad Vilbel  
Germany

**Distributed by:**

Clonmel Healthcare Ltd.

Clonmel, Co. Tipperary, Ireland

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

Denmark:	Fultium
Finland:	Fultium 800 IU pehmeät kapselit
Ireland:	Fultium-D <sub>3</sub> 800 IU Capsules
Netherlands:	Vitamine D <sub>3</sub> STADA 800 IE zachte capsules
Norway:	Fultium 800 IU myke kapsler
Portugal:	Fultium-D <sub>3</sub> 800 UI Cápsulas
Sweden:	Fultium 800 IE mjuka kapslar

**This leaflet was last revised in 01/2019**