

## **Package leaflet: Information for the user**

### **Desunin 800 IU tablets**

Colecalciferol (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 Desunin is and what it is used for
2. What you need to know before you take Desunin
3. How to take Desunin
4. Possible side effects
5. How to store Desunin
6. Contents of the pack and other information

#### **1. What Desunin is and what it is used for**

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

Desunin is used to prevent and treat vitamin D<sub>3</sub> deficiency in adults and adolescents.

Your doctor may prescribe Desunin as an adjunct to specific bone loss medication.

#### **2. What you need to know before you take Desunin**

##### **Do not take Desunin**

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

If any of the above applies to you, talk to your doctor or pharmacist before taking Desunin.

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

Talk to your doctor or pharmacist before using Desunin

- if you suffer from sarcoidosis (a special type of connective tissue disease that affects the lungs, skin and joints).
- when using other drugs containing vitamin D.
- if you have kidney problems or have had kidney stones.

##### **Other medicines and Desunin**

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

- Cholestyramine (used to treat high cholesterol).
- Phenytoin or barbiturates (used to treat epilepsy).
- Laxatives which contain paraffin oil.
- Thiazide diuretics (to treat high blood pressure).
- Glucocorticoids (to treat inflammation).
- Cardiac glycosides (to treat heart conditions), e.g. digoxin.
- Orlistat (for weight loss, reduces the amount of fat your body absorbs).

#### **Desunin with food and drink**

Desunin can be taken with food.

#### **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.

During pregnancy the daily intake should not exceed 600 IU vitamin D.

Desunin should only be used during pregnancy if vitamin D deficiency has been clinically established.

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

#### **Driving and using machines**

Desunin has no known effects on ability to drive or use machines.

#### **Desunin contains sucrose, isomalt and sodium**

If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking Desunin.

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

### **3. How to take Desunin**

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

The recommended dose is 1 tablet every day.

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

The tablets can be swallowed whole or crushed.

#### **Use in children**

Desunin is not intended for use in children under 12 years due to lack of study data.

#### **If you take more Desunin than you should**

If you have taken more of this medicine than directed, or if a child accidentally has taken this medicine, please contact your doctor or emergency unit for judgement of the risk and advice.

#### **If you forget to take Desunin**

Do not take a double dose to make up for a forgotten dose.

#### **If you stop taking Desunin**

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.

Stop taking Desunin and seek immediate medicinal help if you experience symptoms of serious allergic reactions, such as:

- swollen face, lips, tongue or throat
- difficult to swallow
- hives and difficulty breathing

*Uncommon (occurs in less than 1 out of 100 patients):* Hypercalcaemia (increased levels of serum calcium) and hypercalciuria (increased levels of urine calcium).

*Rare (occurs in less than 1 out of 1 000 patients):* Pruritus, rash and urticaria.

**Reporting of side effects** If you get any 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 directly via HPRA Pharmacovigilance. Website: [www.hpra.ie](http://www.hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

#### **5. How to store Desunin**

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 the blister or the bottle after EXP. The expiry date refers to the last day of the month.

Do not store above 30°C. Store the tablets in the original container, in order to protect from light. Keep the container tightly closed in order to protect from moisture.

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 Desunin contains**

- The active substance is colecalciferol 20 microgram corresponding to 800 IU Vitamin D<sub>3</sub>.
- The other ingredients are pregelatinized maize starch, isomalt (E 953), magnesium stearate sucrose, sodium ascorbate (see section 2 'Desunin contains sucrose, isomalt and sodium'), medium chain triglycerides, silica colloidal anhydrous, modified food (maize) starch and all-rac-alpha-tocopherol.

##### **What Desunin looks like and contents of the pack**

Desunin is a white to light yellow, biconvex, tablet, 7 mm in diameter.

30, 60 or 90 tablets in blisters.

250 tablets in plastic bottle.

Not all pack sizes may be marketed.

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

**Marketing Authorisation Holder**

Viartis Healthcare Limited,  
Damastown Industrial Park,  
Mulhuddart Dublin 15,  
DUBLIN Ireland

**Manufacturer**

Rottapharm Ltd  
Damastown Industrial Park  
Mulhuddart  
Dublin 15  
Ireland

Vemedica Manufacturing B.V.  
NL-1112 AX Diemen  
Netherlands

**This medicine is authorised in the Member States of the European Economic Area and in the United Kingdom (Northern Ireland) under the following names:**

Desunin: Ireland and United Kingdom (Northern Ireland)

Divisun: Denmark, Finland, the Netherlands, Norway, and Sweden

**This leaflet was last approved in June 2023**