

# VAMIN® 14, 14EF, 18EF

Amino Acids Solution

## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some common questions about Vamin. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you given Vamin against the benefits this medicine is expected to have for you.

**If you have any concerns about this medicine, ask your doctor or pharmacist.**

**Keep this leaflet.**

You may need to read it again.

### What Vamin is used for

Vamin contains amino acids and is an intravenous infusion, which is given as a part of intravenous nutritional therapy. When the intake of nutrients or food into the mouth or directly into the gut is not possible or it is not enough to supply the body's needs then intravenous nutrients or foods can be given. This is especially important for people whose bodies are under physical stress from illness or recent surgery. During illness or after surgery the body requires nutrition or food. Amino acids are the building blocks used by the body to make proteins. Vamin is usually given together with carbohydrates, fats, salts, trace elements and vitamins to provide a complete intravenous diet.

Your doctor may have prescribed Vamin for another reason. Ask your

doctor if you have any questions about why Vamin has been prescribed for you.

### Before you are given Vamin

#### *When should you NOT be given Vamin ?*

You should NOT be given Vamin if

- You have severe liver damage.
- You have an allergy to Vamin or any of the ingredients listed at the end of this leaflet.
- You have an inability to break down amino acids.
- You have severe kidney disease or impaired kidney function.
- You have too much fluid in your body.
- You have too much potassium in your blood, also called hyperkalaemia.
- You have multi system organ failure or severe sepsis.

If you are not sure whether any of these apply to you, check with your doctor.

#### *You must tell your doctor:*

- If you have any allergies to any other medicines or any other substances, such as foods, preservatives or dyes.
- You are suffering from a blood disease or an infection of the blood.
- If you are pregnant or intend to become pregnant. Your doctor will discuss the risks and benefits of using Vamin during pregnancy.

- If you are breastfeeding or plan to breastfeed. Your doctor will discuss the risks and benefits of using Vamin when breastfeeding.
- If you are under 18 years of age.

If you have not told your doctors about any of the above, tell them before you are given Vamin.

#### **Taking other medicines.**

Some medicines can interact or interfere with each other. There are currently no known medicines, which can interfere or be affected by Vamin.

#### **Use in Children**

There is currently not enough information to recommend the use of Vamin in newborns, infants or children.

### How is Vamin given

Vamin is given as a continuous infusion into a central vein. An electronic pump may be used to control the speed of the infusion of drip. Vamin is usually given as a mixture with glucose, fats, salts, trace elements and vitamins. Vamin must only be given by a doctor or nurse.

#### *How much is given*

Your doctor will decide what dose you will receive. This will depend on your condition, any other diseases you may have and your body weight.

Your doctor will also calculate your requirements for energy, salts, trace elements and vitamins.

## How long it is given

The infusion will be continued for as long as your condition requires.

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## Side Effects

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Vamin, like all other nutrient solutions which are given intravenously, may cause side effects in some people. When Vamin is correctly administered, there should be no adverse effects however if you experience anything unusual during treatment, tell your doctor immediately.

The adverse effects that occur during overdose (see below) are usually reversible and regress when therapy is discontinued. Infusion via central veins in general may have an increased risk of infection.

### *If you are given too much (overdose)*

This rarely happens as Vamin is usually administered under the care of a trained professional in a hospital or clinic setting.

However, if you are given Vamin too quickly or too much, you may experience the following side effects: feeling sick (nausea and vomiting) or shivering.

Your doctor has information on how to recognise and treat an overdose. Ask your doctor if you have any concerns.

Otherwise immediately contact your doctor or a Poisons Information Centre in your country.

Australia: 13 11 26  
New Zealand: 0800 764 766

### **While you are given Vamin**

Your doctor will order blood and urine tests while you are given Vamin to monitor your progress. From the results, your dose of Vamin may be adjusted.

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## Storage

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Vamin will be stored in the pharmacy or on the ward. The infusion solution is kept in a cool dry place protected from light, where the temperature stays below 25°C.

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## Product Description

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Vamin is a clear, colourless to slightly yellow solution, which is supplied in glass bottles.

The amino acids present in the formulation are:

Alanine  
Aspartic acid  
Arginine  
Cysteine  
Glutamic acid  
Glycine  
Histidine  
Isoleucine  
Leucine  
Lysine  
Methionine  
Phenylalanine  
Proline  
Serine  
Threonine  
Tryptophan  
Tyrosine  
Valine

The other ingredients are glacial acetic acid and water for injections.

Vamin 14 contains electrolytes as well whereas Vamin 14EF and Vamin 18EF do not contain electrolytes.

Vamin does not contain gluten, lactose, sucrose, tartrazine or any other azo dyes.

Vamin 14, 14EF and 18EF comes in two pack sizes and can be identified by the AUST R numbers;

Vamin 14 500mL: 14456  
Vamin 14 1000mL: 48240

Vamin 14EF 500mL: 14455  
Vamin 14EF 1000mL: 48235

Vamin 18EF 500mL: 14454  
Vamin 18EF 1000mL: 48237

It may be supplied from the pharmacy as a mixture of Vamin, glucose, fats and vitamins. In this case it would be a milky white mixture in a plastic bag.

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## Sponsor

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Date of information

This leaflet was prepared in September 2016.