DATE
FACILITY NAME
ADDRESS
CITY, STATE ZIP

Dear **PATIENT,**

This letter is to inform you that there is a medication recall for ranitidine (also called Zantac®). Ranitidine is a tablet that reduces acid in your stomach and can help prevent stomach pain or heartburn. The Food and Drug Administration (FDA) found a chemical called NDMA in some brands of ranitidine tablets. Based on our information, we believe that you may have received a prescription for ranitidine that could contain small amounts of NDMA.

What is NDMA? NDMA (N-nitrosodimethylamine) is a chemical that is classified as a probable cancer-causing agent based on laboratory test results when ingested in large amounts.

Is the NDMA in the ranitidine dangerous? The NDMA in ranitidine products does not pose any immediate health risks. NDMA can be found in water and foods. The FDA has determined that the levels of NDMA in ranitidine are similar to the levels you would expect to find in common foods like grilled and smoked meats.

What can you do?
- If you wish to stop taking ranitidine you should talk to your pharmacist or health care provider about other medications or treatment options. Here are some tips that can help you feel better:
    - Avoid or limit medications that may cause stomach upset (e.g., spicy foods, tomatoes, chocolate, coffee, alcohol, fatty foods, and acidic foods)
    - Loosen clothing and avoid tight clothes
    - Sit or stand up after eating
    - Chew sugarless gum
    - Eat smaller meals

- If you stop taking ranitidine, throw away your ranitidine using the instructions below.
    1. Mix medicine (do not crush tablets) with an unappealing substance such as dirt, cat litter, or used coffee grounds.
    2. Place the mixture in a container such as a sealed plastic bag.
    3. Throw away the container in your trash at home.
    4. Black out all personal information on the prescription label of empty medicine bottles, then throw away the bottle.

If you have any questions, please call our pharmacy staff at ###-####

Thank you,
FACILITY