

PRESCRIBING INFORMATION

DOSTIN® (Erdosteine)

دوستن

COMPOSITION:

Dostin Capsules 150 mg
Each capsule contains:
Erdosteine...Brookes Specs. 150 mg
Mfg. Specs. Brookes

Dostin Capsules 300 mg
Each capsule contains:
Erdosteine... Brookes Specs. 300 mg
Mfg. Specs. Brookes

Dostin Suspension
Each 5 ml (when reconstituted) contains:
Erdosteine... Brookes Specs.175 mg
Mfg. Specs. Brookes

Dostin Sachet
Each sachet contains:
Erdosteine... Brookes Specs. 225 mg
Mfg. Specs. Brookes

DESCRIPTION:

Dostin (Erdosteine) is the first disease modifying agent for respiratory tract diseases. Dostin contains Erdosteine, which is a prodrug, has Anti-adhesive, Antibacterial, Antioxidant mucomodulatory and Anti-inflammatory effects. Dostin (Erdosteine) prevents bacterial adhesiveness to the mucosa by breaking disulphide bonds at fimbria of bacteria, thus exerts its antibacterial effect. Furthermore, Dostin has synergistic effect when it is administered concomitantly with antibiotics. Dostin (Erdosteine) inhibits free oxygen radicals via thiol groups that it contains. Its potent antioxidant effect appears by increasing production of endogenous antioxidant such as glutathion (GSH), a compound that plays a key role in the cellular protection against the oxidative stress. Its antioxidant activity especially appears with protecting effect against the decreasing neutrophil chemotactic response, lipid peroxidation, inactivation of a-1 antitrypsin in patients smoking cigarette. Its mucolytic effect appears by breaking disulphide bonds of glycoproteins, which are included in composition of mucus. It improves expectoration by increasing mucociliary transport and modulating the mucus production and viscosity of the mucus.

PHARMACOKINETICS:

When taken orally the drug is absorbed from intestine and reached to the liver via hepatic circulation where it is converted into 3 active metabolite (I,II & III) that are eliminated via the kidneys. Absorption is not influenced by food. Maximum plasma concentration is reached after 1.4 hours. It has the two blocked thiol groups. After absorption, it is metabolized to the active metabolite and thus, the previous blocked thiol groups become free. Elimination half life of erdosteine, metabolite I, II + III are 1.4, 1.5 and 2.9 hours respectively. Different pharmaceutical forms such as capsules and suspension are bioequivalent.

INDICATIONS:

- * For all acute & chronic respiratory diseases.
- * To slow the progression of disease and to preserve lung structure in CB and COPD.
- * Helps clearance of mucus in pharyngitis, laryngitis & sinusitis.
- * Can be administered in combination with antibiotics to get synergetic effects.
- * To preserve lung structure in smokers and Tuberculosis.
- * In children acute and chronic respiratory tract diseases alone or in combination with antibiotics.

DOSAGE AND ADMINISTRATION:

Adults:

For acute & chronic respiratory diseases:

DOSTIN Capsules 300mg twice daily for 3-4 weeks.

Chronic Obstructive Pulmonary Disease (COPD):

DOSTIN Capsules 300mg twice daily for 3-6 months.

DOSTIN Sachet 225mg 2-3 times daily for 3-6 months.

To preserve lung structure in smokers:

DOSTIN Capsules 300mg twice daily for 2-3 months.

To preserve lung structure in Tuberculosis alongwith anti-TB drugs:

DOSTIN Capsules 150mg twice daily.

For Maintenance Therapy:

DOSTIN Capsules 150mg twice daily for 3-4 weeks.

Children:

8-12 years, (acute & chronic respiratory diseases):
DOSTIN Capsule 150mg twice daily for 2-3 weeks.
4-8 years, (acute & chronic respiratory diseases):
DOSTIN Suspension 1 tsp (175mg) twice daily for 1-2 weeks.
6 months to 3 years (acute & chronic respiratory diseases) :
Half tsp twice daily for 1-2 weeks.

SIDE EFFECTS:

Dostin (Erdosteine) is very well tolerated with relatively no major side effects.
Side effects are seen with intake of high doses of Erdosteine which are gastrointestinal like, abdominal pain, nausea and vomiting.

OVERDOSAGE AND TREATMENT:

Mild gastrointestinal effects can occur if it is ingested over 1200 mg daily. In acute overdose, supportive treatment is carried out. The stomach should be emptied immediately by inducing emesis.

INTERACTIONS:

No harmful interactions have been observed with other medicaments and the drug can therefore be administered together with antibiotics, bronchodilators (theophylline or beta-2- mimitics, cough sedatives, etc.)

STORAGE:

Store at temperature 15 to 30 °C away from light and moisture.

PRESENTATION:

Dostin Capsules 150mg blister pack of 20 capsules
Dostin Capsules 300mg blister pack of 20 capsules
Dostin Suspension 100 ml bottle with a cup and spoon
Dostin Sachet 225mg 5 sachets in carton

علاج کو برقرار رکھنے کے لیے
ڈوسٹن کپسولز 150 ملی گرام روزانہ دو بار 3 تا 4 ہفتوں کے لیے
بچے:

8 تا 12 سال تک (اچانک اور پرانی سانس کی بیماریوں کے لیے)
ڈوسٹن کپسولز 150 ملی گرام روزانہ دو بار 3 تا 4 ہفتوں کے لیے
4 تا 8 سال (اچانک اور پرانی سانس کی بیماریوں کے لیے)
ڈوسٹن سسپنشن (اچانک اور پرانی سانس کی بیماریوں کے لیے)
6 مہینوں سے 3 سال تک (اچانک اور پرانی سانس کی بیماریوں کے لیے)
آدھا چائے کا چمچ روزانہ دو مرتبہ 1 تا 2 ہفتوں کے لیے
اسٹورج:

ڈوسٹن کو 15 سے 30 ڈگری سینٹی گریڈ درجہ حرارت پر روشنی اور نمی سے بچا کر رکھیں

خوراک اور طریقہ استعمال
بالغہ مریش:

اچانک اور پرانی سانس کی بیماریوں کے لیے
ڈوسٹن کپسولز 300 ملی گرام روزانہ دو بار 3 تا 4 ہفتوں کے لیے
COPD (کروئیک او بسٹرکٹیو پیلو مری ڈیزیز)
ڈوسٹن کپسولز 300 ملی گرام روزانہ دو بار 3 تا 6 مہینوں کے لیے
ڈوسٹن ساشے 225 ملی گرام 3 تا 6 بار روزانہ 3 تا 6 مہینوں کے لیے
سگریٹ پینے والوں کے پیچھے پھڑوں کی ساخت کو بچانے کے لیے
ڈوسٹن کپسولز 300 ملی گرام روزانہ دو بار 2 تا 3 مہینوں کے لیے
پیچھے پھڑوں کی ساخت کو بچانے کے لیے T.B. کے مریضوں کے لیے
Anti.T.B. Drug کے ساتھ
ڈوسٹن کپسولز 150 ملی گرام روزانہ دو بار

Brookes

Manufactured by:

Brookes Pharma Private Limited
58 - 59 Sector 15 Korangi Industrial Area
Karachi 74900 Pakistan.

