STUGERON 25MG tablets

Cinnarizine

INFORMATION FOR PEOPLE TAKING STUGERON

Before you start to take your medicine, please read this leaflet carefully all the way through as it contains important information. If there is anything that you do not understand or if you need further information or advice, you should ask your pharmacist or doctor who will have more details.

This leaflet applies only to Stugeron tablets. **Please do not throw it away as you may need to refer to it again.**

WHAT IS YOUR MEDICINE?

The active ingredient of Stugeron tablets is cinnarizine.

Stugeron comes in the form of white tablets marked 'JANSSEN' on one side and 'S/25' on the reverse and is supplied to the pharmacist in packs containing 50 tablets.

Each tablet contains 25mg of cinnarizine. Stugeron tablets also contain lactose monohydrate*, maize starch, sucrose*, talc, cottonseed oil – hydrogenated and polyvidone as inactive ingredients.
*If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this medicine.

Stugeron is one of a group of medicines known as calcium channel blockers which works by preventing the narrowing of blood vessels.

The product authorisation for this medicine is held by Janssen-Cilag International N.V., Turnhoutseweg 30, B-2340 Beerse, Belgium.

Stugeron tablets are manufactured by Lusomedicamenta Farmacêutica, SA Queluz, Portugal for Janssen Pharmaceutica N.V., Turnhoutseweg 30, B-2340 Beerse, Belgium.

WHAT IS YOUR MEDICINE USED FOR?

Stugeron is usually used for one of the following conditions:

- Disorders of balance - maintenance therapy for symptoms of labyrinthine disorders, including vertigo, dizziness, tinnitus, nystagmus, nausea and vomiting
- Prophylaxis of motion sickness
- Prophylaxis of migraine

WHAT SHOULD YOU KNOW BEFORE TAKING YOUR MEDICINE

BEFORE TAKING ANY MEDICINE – always inform your doctor or pharmacist if you are pregnant, think you might be pregnant or are trying to become pregnant.

WHEN NOT TO USE YOUR MEDICINE

Do not use Stugeron if you think that you may have had an allergic reaction to Stugeron or any of the inactive ingredients in the past. An allergic reaction may be recognised as a rash, itching, swollen face or lips or shortness of breath. Ask you doctor or pharmacist for advice before taking this medicine if you think this applies to you.

SPECIAL PRECAUTIONS

Before you take Stugeron, tell your doctor if you have any of the following so that he or she can decide if you can take it:

- **Parkinson's disease**
- **Low blood pressure**
- **Liver or kidney problems**
- **Porphyria**

Pregnancy

If you are pregnant, think you might be pregnant or are planning to become pregnant, ask your pharmacist or doctor before taking Stugeron.

Breast feeding

If you are breast feeding, do not take Stugeron.

Driving and operating machinery

Some people may feel drowsy after taking Stugeron, especially at the start of treatment. If you are affected in this way, you should not drive or operate machinery.

Other medicines

Always tell your pharmacist if you are taking any other medicines because taking some medicines together can be harmful.
Taking Stugeron with other medicines may make you feel more drowsy, such as those medicines taken for anxiety or to help you sleep (tranquillisers), certain pain killers, and certain antidepressants. Only take Stugeron with any of these medications if your doctor says that you can.

Stugeron could affect your reaction to skin tests used to investigate allergies. If you have taken Stugeron within the 4 days before the test, you should tell your doctor.

Alcohol
The combined effect of Stugeron and alcohol may make you feel drowsy, therefore avoid alcohol while taking Stugeron.

HOW TO USE YOUR MEDICINE

Whenever possible, Stugeron should be taken after a meal to reduce the possibility of stomach irritation. The tablets should be swallowed with water.

WHAT IS THE DOSE FOR YOUR MEDICINE?

Always read the label on your medicine and follow the instructions carefully. Ask your pharmacist if you are not sure about anything.

Prophylaxis of migraine - adults:
1 tablet of 25mg three times a day.

Disorders of balance - adults:
1 tablet of 25mg three times a day.

Prophylaxis of motion Sickness:
In adults and children aged 13 years and above: 1 tablet of 25mg half an hour before travelling, to be repeated every 6 hours.
In Children 6-12 years of age: half of the adult dose is recommended.

Stugeron should be preferably taken after meals

As the effect of Stugeron on vertigo is dose dependent, the dosage should be increased progressively.

IMPORTANT – DO NOT EXCEED THE RECOMMENDED DOSE

IF YOU TAKE TOO MUCH OF YOUR MEDICINE

If you or anyone else take more Stugeron tablets than you were told to, contact a doctor or local hospital without delay.

IF YOU FEEL YOUR MEDICINE MAKES YOU FEEL ILL

Like all medicines, Stugeron tablets can cause side effects, although not everyone gets them.

Common (affects less than 1 in 10 people)

- Drowsiness
- Feeling sick (nausea)

- Weight gain

Uncommon (affects less than 1 in 100 people)

- Feeling tired
- Difficulty waking up from a long night time sleep
- Being sick (vomiting)
- Increased sweating
- Red to gray colored growth on the skin

Rare (affects less than 1 in 1,000 people)

- Indigestion
- Stomach pain

Other side effects (frequency not known):

- Unusual movements, including trembling and shaking of the hands and fingers, twisting movements of the body, shuffling walk and muscle stiffness.
- Liver problem that causes yellowing of the skin or eyes (jaundice)
- Swelling, redness or itching of the skin

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 to the ADR Reporting Website: www.medicinesauthority.gov.mt/adrportal. By reporting side effects you can help provide more information on the safety of this medicine.

HOW TO STORE YOUR MEDICINE

Keep all medicines out of reach and sight of children. Store the tablets in their original pack. This medicine does not require any special storage conditions. Do not use the tablets after the expiry date printed on the packaging and return any left-over medicine to your pharmacist.

This leaflet was last approved in November 2019.