

Consumer Medicine Information

NIFURAN[®]

50mg and 100mg tablets

Nitrofurantoin

What is in this leaflet

This leaflet answers some common questions about NIFURAN. 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 taking NIFURAN against the benefits he/she expects it will have for you. If you have any concerns about taking this medicine, ask your doctor or pharmacist. Keep this leaflet with the medicine. You may need to read it again.

What NIFURAN is used for

NIFURAN is an antibacterial agent specific for urinary tract infections. Urinary tract infections are caused by the presence of bacteria in the urinary system. The bacteria often come from the intestines where they are necessary for normal function. In women, the most common infection involves the bladder and is called cystitis. In men, the infection may involve the prostate, which is called prostatitis. In both men and women, the bacteria may travel up and infect the kidneys.

Before you take NIFURAN

Do not take NIFURAN if:

- **you have an allergy to NIFURAN** or any of the ingredients listed at the end of this leaflet
- **you have problems passing urine or have significant impairment of kidney function**
- **you are a pregnant women undergoing labour and delivery, or if the onset of labour is imminent**
- **the child who is receiving the medicine is less than one month of age.**

Tell your doctor if:

- you intend to become pregnant or to breast-feed.
- you have any other medical conditions, especially a history of lung disease, liver disease, kidney disease, peripheral neuropathy, optic neuritis, anemia, diabetes mellitus, electrolyte imbalance, vitamin B deficiency, or other debilitating disease.

Taking other medicines

Tell your doctor if you are taking any other medicines, including any non-prescription product. When taking NIFURAN, avoid taking antacids containing magnesium trisilicate, as these can affect the absorption of NIFURAN.

Tell your doctor if you are taking uricosuric drugs, such as probenecid and sulphinyprazone, as these can reduce the effectiveness of NIFURAN and increase side effects.

How to take NIFURAN

Take NIFURAN only when prescribed by your doctor. Your doctor will tell you how many tablets you need to take each day. The dose will vary depending on whether NIFURAN is being used for the treatment or prevention of urinary tract infections. The usual adult dose for treatment of active infections is 50-100 mg four times daily for seven days. The usual adult dose for prevention of infections is 50-100 mg at bedtime.

Carefully follow all the directions given to you by your doctor. They may differ from the information contained in this leaflet. If you do not understand how to take the medicine, ask your doctor or pharmacist for help.

NIFURAN should be taken with food or milk.

You should complete the full course of therapy prescribed by your doctor.

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take it as soon as you remember, and then go back to taking your doses as you would normally. If you are not sure whether to skip the dose, talk to your doctor or pharmacist. Do not take a double dose to make up for the dose that you missed.

Side Effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking the medicine. NIFURAN helps most people with infections of the urinary tract but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious but most of the time they are not. You may need medical treatment if you experience some of the side effects.

The most common side effects reported with the use of NIFURAN are nausea, headache, and flatulence.

NIFURAN does not interfere with the ability to drive or use machines.

NIFURAN may turn your urine a brown colour but this of no clinical significance.

Inform your doctor if you notice any of the following:

- severe abdominal pain
- numbness or tingling in the fingers or toes
- visual disturbances
- taste disturbances
- dizziness or vertigo
- drowsiness or malaise
- rash
- swelling of the face, lips, mouth, tongue or throat
- joint or muscle pain
- fever or chills
- cough, chest pain or difficulty in breathing
- jaundice.

If you become pregnant while taking NIFURAN, tell your doctor immediately.

Overdose

Immediately telephone your doctor or the National Poisons Information Centre (telephone **0800 POISON** or **0800 764 766**) for advice if you think that you or anyone else may have taken too much NIFURAN. Do this even if there are no signs of discomfort or poisoning. Keep telephone numbers of these places handy.

Storage conditions

Store NIFURAN below 25°C.

Keep all medicines out of the reach of children.

Do not use NIFURAN if the product has passed the expiry date on the pack.

Product description

NIFURAN is a yellow, scored tablet, containing either 50mg or 100mg nitrofurantoin. Bottles of NIFURAN contain 100 tablets.

Inactive ingredients

- Acacia
- Lactose
- Maize starch
- Sucrose
- Alginic acid
- Texapon K1296
- Magnesium stearate

NIFURAN tablets do not contain any gluten, colouring agent or alcohol.

Supplier

W. M. Bamford & Company Limited
Private Bag 31-346
LOWER HUTT
NEW ZEALAND

This leaflet was prepared in November 2004.