

## PACIFIC BUSPIRONE

Buspirone Hydrochloride 5mg and 10mg tablets



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### What is in this leaflet

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This leaflet answers some common questions about PACIFIC BUSPIRONE. It does not contain all the information available on this medicine. 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 PACIFIC BUSPIRONE against the benefits they expected it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist. Keep this leaflet. You may want to read it again.

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### What PACIFIC BUSPIRONE is used for and how it works

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Your PACIFIC BUSPIRONE tablets contain the active ingredient buspirone hydrochloride. It belongs to a group of medicines known to treat anxiety (anti-anxiety).

PACIFIC BUSPIRONE is used to manage anxiety disorders without the effects of depression, sedation or muscle relaxation.

Your doctor may, however, prescribe PACIFIC BUSPIRONE for another reason. Ask your doctor if you have any questions about why PACIFIC BUSPIRONE has been prescribed for you.

There is no evidence that PACIFIC BUSPIRONE is addictive.

PACIFIC BUSPIRONE is available on prescription from your doctor.

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### Before you take PACIFIC BUSPIRONE

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#### ***When you must not take it***

**Do not take PACIFIC BUSPIRONE if:**

- **You are allergic to buspirone hydrochloride or any other ingredients listed at the end of this leaflet.**

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing, asthma, swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

#### ***Before you take it***

Tell your doctor if:

- You have had an allergic reaction to any medicine that you have taken previously to treat your current condition
- You have heart, kidney or liver problems
- You are pregnant, plan to become pregnant, or are breastfeeding
- You have allergies to any other medicines, foods, preservatives or dyes.
- You have a history of seizure disorders.

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

If you are taking any other medicines, including any you get without a prescription from a pharmacy, supermarket or health food shop, tell your doctor or pharmacist.

Medicines that may interfere with PACIFIC BUSPIRONE include:

- **Other medicines used to treat anxiety or depression including MAO inhibitors, fluoxetine, diazepam, nefazodone**
- **Erythromycin** (used to treat infection caused by bacteria)
- **Itraconazole, ketoconazole** (used to treat fungal infections)
- **Haloperidol**
- **Alcohol**
- **Diltiazem, verapamil** (used to treat heart problems)
- **Rifampicin**
- **Cimetidine** (used to treat ulcers)
- **Grapefruit juice**

These medicines may be affected by PACIFIC BUSPIRONE or may affect how well PACIFIC BUSPIRONE works. You may need different amounts of your medicines or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking PACIFIC BUSPIRONE.

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## **How to take PACIFIC BUSPIRONE properly**

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### ***How much to take***

Your doctor will tell you how much PACIFIC BUSPIRONE you need to take each day. It is important that you take PACIFIC BUSPIRONE as directed by your doctor. Do not take more than the recommended dose.

It usually takes 1 to 2 weeks before any response to PACIFIC BUSPIRONE is noticeable.

The usual starting dose is 5mg three times a day. After a few days this can be increased in a stepwise manner to 20 or 30mg daily. The maximum daily dose is 60mg.

A lower dose may be required in the elderly, especially in patients with kidney or liver disease.

PACIFIC BUSPIRONE is not recommended for use in children as safety has not yet been established.

Your doctor may tell you to take different doses to these. If so, follow their instructions.

The dose should be taken at the same time each day and consistently with or without food. Avoid eating grapefruit.

### ***How long to take it***

PACIFIC BUSPIRONE helps to control your condition but does not cure it. Therefore PACIFIC BUSPIRONE must be taken everyday. Continue taking PACIFIC BUSPIRONE for as long as your doctor tells you to.

### ***If you forget a dose***

If you forget a dose, just take the next dose when it is due. Do not take more than one dose at a time to make up for missed doses.

Taking your medicine at the same time each day may help you to remember to take it regularly. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

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## **While you are taking PACIFIC BUSPIRONE**

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Tell all doctors, dentists and pharmacists who are treating you that you are taking PACIFIC BUSPIRONE.

Tell your doctor or pharmacist that you are taking PACIFIC BUSPIRONE before you start any new medicine.

Tell your doctor if you develop a skin rash or hives, or you become pregnant while taking PACIFIC BUSPIRONE.

If you are going to have a surgery, tell the surgeon or anaesthetist that you are taking PACIFIC BUSPIRONE.

If you are going to have any blood tests, tell your doctor that you are taking PACIFIC BUSPIRONE.

Do not take PACIFIC BUSPIRONE to treat any other complaints unless your doctor tells you to.

Do not stop taking PACIFIC BUSPIRONE or lower the dose without first checking with your doctor.

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

PACIFIC BUSPIRONE may cause drowsiness in some people. Be careful when driving, operating machinery or performing jobs that need you to be alert, until you are certain that PACIFIC BUSPIRONE does not affect your performance.

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## **Side effects**

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Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking PACIFIC BUSPIRONE.

All medicines can have some unwanted effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- Dizziness, headaches
- Nervousness
- Light headedness, nausea
- Excitement
- Sweating and stickiness.

These are the more common side effects of PACIFIC BUSPIRONE.

**Tell your doctor immediately if you experience:**

- Itchy skin or hives
- Bruising
- Swelling of the face, mouth, lips, throat, tongue
- Uncontrollable twitching
- Hallucinations, depression
- Clumsiness, seizures
- Memory loss
- Vision problems

- Bladder problems.

**These side effects are rare but serious. You may need urgent medical attention.**

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your doctor or pharmacist.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

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## **In case of overdose**

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You should only take the number of tablets that you have been told.

**Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any PACIFIC BUSPIRONE by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the container of PACIFIC BUSPIRONE with you if you can.

Keep telephone numbers for these places handy.

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## **Storage conditions**

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Do not take this medicine after the expiry date shown on the label, or if the packaging shows signs of tampering.

Keep your PACIFIC BUSPIRONE tablets in the container until it is time to take them.

Store below 25°C and out of reach of children. Avoid exposure to heat, light and moisture.

Do not store PACIFIC BUSPIRONE, or any other medicine, in the bathroom or near a sink.

### ***Disposal***

If your doctor tells you to stop taking PACIFIC BUSPIRONE or if the tablets have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

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## **Product Description**

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### ***What PACIFIC BUSPIRONE tablets look like***

PACIFIC BUSPIRONE 5mg tablets are white, round tablets, marked "BR 5" on one side with a "G" on the other.

PACIFIC BUSPIRONE 10mg tablets are white, capsule shaped tablets, marked "BR" type breakline "10" on one side with a "G" on the other.

### ***Ingredients***

Each PACIFIC BUSPIRONE tablet contains the active ingredient, buspirone hydrochloride.

Each PACIFIC BUSPIRONE tablet also contains lactose, microcrystalline cellulose, sodium starch glycolate, colloidal silicon dioxide and magnesium stearate.

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## **If you want to know more**

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Should you have any questions regarding this product, please contact your doctor or pharmacist.

### ***Who supplies this medicine***

Distributed in New Zealand by:

Mylan New Zealand Ltd,  
P O Box 11183,  
Ellerslie,  
Auckland.

Telephone: (09) 579 2792

### ***Date of information***

2 February 2009  
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