

NEW ZEALAND CONSUMER MEDICINE INFORMATION

Q200 & Q300

Quinine Sulfate 200mg and 300mg Tablets



What is in this leaflet

This leaflet answers some common questions about Q200 & Q300.

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 Q200 & Q300 against the benefits they expect 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 Q200 & Q300 tablets are used for

Q200 & Q300 are used to treat:

- Malaria
- Myotonia (muscle spasms)

Q200 & Q300 contain the active ingredient quinine sulfate. It belongs to a group of medicines called antimalarials.

For treatment of malaria quinine sulfate is often given along with other medicines. It works by interfering with the growth of the parasite that causes malaria.

It also acts on the muscles to make them more relaxed.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Your doctor may have prescribed it for another reason.

This medicine is available only with a doctor's prescription.

There is no evidence that Q200 or Q300 are addictive.

Before you take Q200 or Q300

When you must not take Q200 or Q300

Do not take Q200 or Q300 if you have:

- Haemolysis (a blood disorder where red blood cells are damaged)
- Tinnitus (ringing of the ears)
- Optic neuritis (a disease of the nerves of the eye, causing blindness).

Do not take Q200 or Q300 if you have an allergy to:

- any medicine containing quinine
- any of the ingredients listed at the end of this leaflet.

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

Do not take this medicine after the expiry date printed on the pack or if the packaging is damaged or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have had any of the following medical conditions:

- Atrial fibrillation (irregular heart beat) or other heart problems
- 'Blackwater Fever' (caused by a type of malaria)
- Glucose-6-dehydrogenase (G6PD) deficiency hypoglycemia
- Myasthenia gravis (a condition causing muscle weakness)
- Galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption.

Tell your doctor if you are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

Your doctor can discuss with you the risks and benefits involved.

If you have not told your doctor about any of the above, tell him/her before you start taking Q200 or Q300.

Taking other medicines

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

Some medicines and Q200 & Q300 may interfere with each other. These include:

- Medicines used to prevent blood clots, such as warfarin
- Antihistamines, used to treat allergies
- Buclizine, cyclizine and meclizine, used to treat motion sickness

- Medicines used to treat mental health conditions like phenothiazines and thioxanthenes
- Medicines used to treat myasthenia gravis
- Medicines used to treat abnormal heart rhythms and other heart problems like digoxin, quinidine and flecainide
- Medicines that can be neurotoxic (destructive to nerve tissue)
- Medicines that can be ototoxic (can cause loss of hearing and balance)
- Medicines that cause haemolysis (break down red blood cells)
- Other medicines for malaria, such as mefloquine
- Neuromuscular blocking agents which are used to prevent muscle contraction in surgery
- Cimetidine, a medicine commonly used to treat reflux and ulcers.

These medicines may be affected by Q200 or Q300 or may affect how well Q200 or Q300 works. You may need different amounts of your medicines, or you may need to take different medicines.

Avoid drinking large amounts of tonic water and bitter lemon drinks while you are taking Q200 or Q300. Quinine is commonly found in these beverages and may increase the risk of side effects from Q200 & Q300.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to take Q200 or Q300

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the bottle, ask your doctor or pharmacist for help.

How much to take

Your doctor will tell you how much Q200 or Q300 you need to take each day. It is important that you take the Q200 or Q300 tablets as directed by your doctor. Do not take more than the recommended dose.

For Adults

The usual starting dose in adults with malaria is 600mg to 650mg every 8 hours for at least 3 days. This may vary depending on the type of organism that has caused you to have malaria. Other medicine(s) may also be given along with Q200 or Q300.

For the treatment for muscle spasms, the usual starting dose is 300mg to 650mg 2 or 3 times a day.

For Children

The usual doses for children may be different to the doses for adults. Your doctor will determine the dose depending on the child's body weight.

Follow all directions given by your doctor and pharmacist carefully and ask them if you have any questions.

How to take it

Swallow the tablets whole with a full glass of water. Do not crush or chew the tablets.

Q200 & Q300 are best taken with or after a meal.

How long to take it

Continue taking your medicine for as long as your doctor tells you to.

If you forget to take it

If you forget a dose, just take the next dose when it is due.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Q200 or Q300. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Symptoms of an overdose may include:

- Convulsion (seizure)
- Tinnitus (ringing of the ears) or reduced hearing
- Fever
- Headache
- Nausea, vomiting
- Changes to vision or blurry vision
- Difficulty breathing.

While you are taking Q200 or Q300

Things you must do

If you are to be started on any new medicine, remind your doctor and pharmacist that you are taking Q200 or Q300.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine. It may affect other medicines used during surgery.

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

If you are about to have any blood or urine tests, tell your doctor that you are taking this medicine.

It may interfere with the results of some tests, for example the test for

catecholamine (an adrenal hormone).

Keep all of your doctor's appointments so that your progress can be checked.

Your doctor may do some tests from time to time to make sure the medicine is working and to prevent unwanted side effects.

Things you must not do

Do not take Q200 or Q300 to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same symptoms or condition as you.

Do not stop taking your medicine or change the dosage without checking with your doctor.

Things to be careful of

Be careful driving or operating machinery until you know how Q200 or Q300 affects you.

This medicine may cause vision disturbances or dizziness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

Children taking this medicine should be careful when riding bicycles or climbing trees.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Q200 or Q300.

This medicine helps most people but it may have unwanted side effects in some people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- Headache, dizziness
- Nausea, vomiting
- Diarrhoea.

The above list includes the more common side effects of your medicine.

Tell your doctor as soon as possible if you notice any of the following:

- Ringing in your ears or loss of hearing
- Skin rash or flushing, itching or swelling of skin
- Muscle weakness
- Increased or unexplained bruising, bleeding more readily and for longer periods of time
- Signs of frequent infections such as fever, chills, sore throat or mouth ulcers.

The above list includes serious side effects that may require medical attention.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- Shortness of breath or difficulty breathing
- Chest pain or irregular heart beats
- Blurred or altered vision
- Decreased or no urine production, or a reddish colour in the urine.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people.

Some side effects (for example blood disorders) can only be found when your doctor does tests from time to time to check your progress.

After using Q200 or Q300

Storage

Keep your tablets in the bottle until it is time to take them.

If you take the tablets out of the bottle they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 25°C. Protect from light.

Do not store Q200 or Q300 or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like

Q200 tablets are white, round tablets with a clear film coat. They are marked with "Q200" on one side.

Q300 tablets are white, round tablets with a clear film coat. They are marked with "Q300" on one side.

Ingredients

Q200 contains 200 mg and Q300 contains 300 mg of quinine sulfate as the active ingredient.

Each Q200 tablet also contains lactose, magnesium stearate, povidone, sodium starch glycollate and carnauba wax. The film coating contains ethanol, chloroform, diethyl phthalate and hypromellose.

Each Q300 tablet also contains lactose, magnesium stearate, povidone, sodium starch glycollate and carnauba wax. The film coating contains ethanol, diethyl phthalate, purified water and hypromellose.

Q200 and Q300 tablets do not contain sucrose, gluten or tartrazine.

If you want to know more

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

Who supplies this medicine

Distributed in New Zealand by:

Mylan New Zealand Ltd,
PO Box 11183,
Ellerslie,
Auckland.

Telephone: (09) 579 2792

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16 December 2011

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