

This product is no longer marketed in New Zealand and this consumer medicine information may not be up to date. More up-to-date consumer medicine information for a product with the same active ingredient may be available on the Medsafe website.

PROPAM



Diazepam 2mg, 5mg and 10mg tablets

What is in this leaflet

This leaflet answers some common questions about PROPAM. 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 PROPAM against the benefits they expect it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist.

Keep this leaflet with your medicine. You may need to read it again.

What PROPAM is used for and how it works

Your PROPAM tablets contain the active ingredient, diazepam. It belongs to a group of medicines commonly known as benzodiazepines. These medicines act on brain chemicals in the central nervous system.

PROPAM is a sedative, anticonvulsant and muscle relaxant used to treat the following conditions:

- severe anxiety, related to insomnia or short term mental illness
- tension headaches and migraine attacks
- symptoms of alcohol withdrawal, such as trembling and confusion
- muscle spasm, including muscle spasms associated with tetanus
- some types of epilepsy
- night terrors and sleep-walking, especially in children

In general, PROPAM is only used short-term (for example 2 - 4 weeks). Continuous long-term use is not recommended unless specifically advise by you doctor. Long-term use of benzodiazepines such as PROPAM, may lead to dependence on the medication.

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

PROPAM is only available on prescription from your doctor.

Before you take PROPAM

When you must not take it

Do NOT take PROPAM if:

You are allergic to diazepam or any of the other ingredients listed at the end of this leaflet. 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.

You have severe and chronic lung disease including asthma

You have myasthenia gravis

You or your child have problems swallowing

You have an acute closed-angle glaucoma (increased pressure in the eye)

You have been drinking alcohol

You have a history of drug addiction or dependence.

Do not use PROPAM if you are pregnant or planning on becoming pregnant or if you are breastfeeding.

Do not use PROPAM if the packaging is torn or shows signs of tampering.

Do not use PROPAM after the expiry (EXP) printed on the pack.

Before you take it

Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.

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

- depression or psychosis
- kidney or liver problems
- any lung or breathing problems
- drug or alcohol dependence

Your doctor may want to take special care if you have any of these conditions.

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.

Some medicines may interfere with how well PROPAM works. These include:

- sleeping tablets, sedatives or tranquilisers
- medicines to treat depression or mental illness
- strong pain-relievers
- medicines to treat reflux or ulcers, such as antacids, cimetidine or omeprazole
- medicines to treat epilepsy (fits and convulsions), such as carbamazepine
- some treatments for tuberculosis, such as rifampicin

These medicines may be affected by PROPAM or may affect how well PROPAM works. You may need different amounts of your medicines or you may need to take a different medicine. Your doctor can tell you what to do if you are taking any of these medicines

If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.

Your doctor or pharmacist has more information on these medicines, and on other medicines that you need to be careful with, or avoid while taking PROPAM.

How to take PROPAM properly

How much to take

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

The dose of PROPAM varies from patient to patient and will depend on your age, and the condition you are being treated for. Your doctor will prescribe the lowest dose that can control your symptoms.

For adults, the daily dose of PROPAM can vary between 2mg and 60mg daily, given in divided doses.

For children, the daily dose of PROPAM can vary between 1mg and 40mg daily, given in divided doses.

Elderly patients and patients with kidney or liver problems can be more susceptible to the risk of side effects and therefore lower dosages are generally recommended.

Swallow the tablets whole with a glass of water. The tablets may be taken with or without food.

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

How long to take it

Take PROPAM only for as long as your doctor recommends. PROPAM should only be taken for short periods of time (2-4 weeks) and at the lowest dose that can control your symptoms.

Long-term use is not recommended, unless advised by your doctor. The use of PROPAM may lead to dependence on the medicine.

If you forget a dose

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

Taking your medicine at the same time each day may help you to remember to take it regularly.

While you are taking PROPAM

It is important that you take PROPAM exactly as prescribed. Taking more than the prescribed amount of PROPAM can increase the chance of developing unwanted side effects.

Things you must do

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

If you plan to have surgery, tell the doctor or dentist that you are taking PROPAM.

Do not stop taking PROPAM or change the dose, without first checking with your doctor.

If you become pregnant while taking PROPAM, stop taking it and tell your doctor immediately.

Tell your doctor if you drink alcohol.

Alcohol may change the effects of PROPAM.

Things you must not do

Do not stop taking PROPAM or change the dose, without first checking with your doctor.

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

Do not use PROPAM to treat any other complaints unless your doctor tells you to.

Things to be careful of

Be careful driving or operating machinery until you know how PROPAM tablets affect you.

PROPAM can cause drowsiness, dizziness or loss of concentration in some people. It is therefore important that you make sure you know how you react to PROPAM before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy or light headed.

Be careful drinking alcohol while taking PROPAM.

Drinking alcohol while you are taking PROPAM can make you drowsy or dizzy. Your doctor may therefore suggest that you avoid alcohol, while you are taking PROPAM.

Side effects

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

Like all medicines, PROPAM 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 if you notice any of the following and they worry you:

- drowsiness
- loss of balance
- uncoordinated movement
- confusion
- headache
- stomach upsets
- skin rashes
- blurry or distorted vision
- difficulty urinating
- changes in sex drive

Tell your doctor immediately or go to Accident and Emergency if you notice any of the following:

- swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing
- severe confusion, drowsiness, loss of reflexes or muscle weakness
- yellowing of the skin and eyes
- hallucinations or delusions
- having tight stiff muscles
- sleep disturbances, including inability to sleep
- experiencing rage

The side effects listed above are rare but can be very serious. If you experience any of them, you may have had a severe allergic reaction to PROPAM, you may need urgent medical attention. All of these side effects are very rare.

If you should suffer from any of these side effects or other undesired effect, tell your doctor or pharmacist.

This list of possible side effects is not complete. Other effects may occur in some people.

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

In case of overdose

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

If you take too much PROPAM, the effects of the medication will be increased. You may feel extremely drowsy, have difficulty breathing, experience muscle weakness or become unconscious.

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 PROPAM by mistake. Do this even if

there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the container of PROPAM with you if you can.

Keep telephone numbers for these places handy.

Storage conditions

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

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

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

Disposal

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

Product Description

What PROPAM tablets look like

PROPAM come in three strengths of tablet:

PROPAM 2mg tablets: white round tablets, marked with 'DM' with a bisect on one side.

PROPAM 5mg tablets: yellow round tablets, marked with 'DM' with a bisect on one side.

PROPAM 10mg tablets: blue round tablets, marked with 'DM' with a bisect on one side.

Each PROPAM tablet contains the active ingredient diazepam.

The tablets also contain lactose, maize starch, povidone, magnesium stearate, quinoline yellow (5mg only) and indigo carmine lake (10mg only).

If you want to know more

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,
PO Box 11183,
Ellerslie,
Auckland.

Telephone: (09) 579 2792

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