

VALOID™

Cyclizine lactate injection 50mg

What is in this leaflet

Please read this leaflet carefully before you are given VALOID.

This leaflet answers some common questions about VALOID. 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 expected benefits of you receiving VALOID against the risks this medicine could have for you.

If you have any concerns about being given VALOID, ask your doctor or pharmacist.

Keep this leaflet. You may need to read it again.

What VALOID is used for

VALOID contains the active ingredient, cyclizine. It belongs to a group of medicines called antiemetics. Within this group, VALOID belongs to a class of medicines called histamine H₁ receptor antagonists.

VALOID is used for the prevention and treatment of nausea (feeling as if you are about to vomit) and vomiting, including:

- Motion sickness, when it is not possible to swallow tablets.
- The after effects of anaesthetics (medicines used to put you to sleep) and pain killers used during surgery.
- Radiotherapy.
- Vertigo (giddiness/dizziness) associated with middle ear problems, including Meniere's disease, when it is not possible to swallow tablets.
- Having food in your stomach during emergency surgery.

Your doctor may have prescribed VALOID for another purpose.

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

VALOID is available only with a doctor's prescription, and is given as an injection by a doctor or nurse.

Before you are given VALOID

When you must not be given it

Do not take VALOID if:

- You have had an allergic reaction before to cyclizine or to any of the ingredients in VALOID listed at the end of this leaflet.
- The packaging or ampoule containing VALOID is torn, broken or shows signs of interference, or if the solution is discoloured or cloudy.
- The expiry date on the packaging has passed. If you are given this medicine after the expiry date has passed, it may not work as well.

Before you start receiving VALOID

Tell your doctor if:

- You are pregnant or plan to become pregnant.
It is not known if VALOID is harmful to an unborn baby when given to a pregnant woman, so use of VALOID during pregnancy is not recommended. If you are pregnant and it is necessary for you to be given VALOID, your doctor will have weighed up the benefits of you being given this medicine against the possible risks to your unborn baby.
- You are breastfeeding or planning to breastfeed.
It is not known if cyclizine, the active ingredient in VALOID, passes into breast milk, so it is recommended that you avoid breast feeding after being given VALOID until your doctor says you can.
- You are allergic to any other medicines, foods, dyes or preservatives.
- You have any other health problems, especially:
 - Kidney or liver disease
 - glaucoma, a build up of fluid in the eye, causing pressure
 - Chronic constipation
 - Prostate trouble
 - Heart disease
 - Drug addiction

If you have not told your doctor about any of the above, please do so before being given VALOID.

Taking other medicines

Some medicines may affect the way others work.

Tell your doctor if you are taking any other medicines, including the oral contraceptive pill or medicines you buy without a prescription from a pharmacy, supermarket or health food shop.

If you are taking any of the following types of medicines, please let your doctor know before taking VALOID:

- Medicines to produce calmness or help you get to sleep, such as hypnotics and tranquillisers.
- Pethidine, a strong painkiller.
- Anticholinergic medicines, often used to treat urinary incontinence, irritable bowel syndrome and Parkinson's disease.

Your doctor or pharmacist will be able to tell you more about what to do when you are given VALOID while taking other medicines.

How VALOID is given

How much you will be given

The amount of VALOID you are given will depend on the reason it has been prescribed for you.

The usual dose is 50mg, up to three times daily.

When VALOID is used to prevent vomiting after an operation, the first dose is usually given by slow injection into a vein 20 minutes before the end of surgery.

If you need emergency surgery, the recommended dose is 25mg.

Sometimes, other medicines are given at the same time as VALOID injection.

Elderly people can be given the same doses of VALOID as those used in younger adults. VALOID is not used in children.

Administration of VALOID

VALOID is given as an injection into a muscle or vein by a doctor or nurse.

In case of an overdose

If you think that you or anyone else has been given too much VALOID tell your doctor immediately. You can also telephone the National Poisons Information Centre [Ph (03) 474-7000] for advice or go to the Accident & Emergency service at your nearest hospital. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Too much VALOID can cause a dry mouth, nose and throat, blurred vision, a fast heart rate, difficulty passing urine, drowsiness, dizziness, poor coordination, staggering, weakness, mood and thought changes, convulsions, fever and difficulty breathing.

If you are unsure what to do, ring your doctor or pharmacist.

While you are being given VALOID

Things you must do

Tell all doctors and pharmacists involved in your health care if you are being given VALOID. Tell your doctor if you find out you are pregnant or are planning to become while receiving VALOID.

Tell your doctor if you feel that VALOID is not helping your nausea and/or vomiting.

Things you must not do

Do not take any other medicines whether they require a prescription or not without first asking your doctor or a pharmacist.

Do not attempt to inject VALOID yourself.

Do not drink alcohol after being given VALOID until your doctor says you can. VALOID may increase the drowsiness caused by alcohol. By suppressing vomiting, VALOID may also increase the dangerous effects of drinking large amounts of alcohol.

Do not drive or operate machinery until you know how VALOID affects you.

Side effects

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

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

Be sure that your doctor or pharmacist knows as soon as possible if you do not feel well after you have been given VALOID.

If you think VALOID is causing you to have an allergic (hypersensitivity) reaction, TELL YOUR DOCTOR IMMEDIATELY. Symptoms include:

- Severe skin rash, itching or hives.
- Swelling of the face, lips, mouth or throat.
- Difficulty breathing or swallowing.
- Fever/chills.
- Hot flushes.
- Low blood pressure (feeling faint or dizzy).
- Liver problems (changes in urine and stool colour, feeling weak and tired)

You should not go home after a VALOID injection until your doctor says you can.

Tell your doctor if you notice any of the following:

- Drowsiness
- Dry mouth, nose and throat
- Blurred vision
- A fast heart beat
- Difficulty passing urine and/or passing dark urine
- Constipation
- Restlessness/nervousness
- Difficulty sleeping
- Seeing and hearing things that are not real
- Unusual skin eruptions/reactions
- Muscle twitching
- Nausea, vomiting and loss of appetite
- A general feeling of unwellness

Tell your doctor if you notice anything else that is making you feel unwell, even if it is not mentioned here.

This is not a complete list of side effects. Ask your doctor or pharmacist if you do not understand anything about the possible side effects of VALOID mentioned here.

Do not be alarmed by these side effects. Most occur at higher VALOID doses, and you might not experience any of them.

When you have been given VALOID

Storage

VALOID is stored in a doctor's surgery, hospital ward or pharmacy in a cool dry place away from light, at a temperature below 25°C.

Disposal

Any leftover solution in your VALOID injection will be disposed of by hospital staff.

Product description

What VALOID looks like

VALOID is a clear solution supplied in a 1ml single-dose ampoule.

Ingredients

Cyclizine lactate

Further information

Your doctor is the best person to give you advice on the treatment of your condition. You may also be able to find general information about its treatment from other sources, for example, books in public libraries and on the Internet.

Name of sponsor

VALOID is supplied in New Zealand by:
AFT Pharmaceuticals Ltd
PO Box 33 203
Auckland

Date of last revision: May 2010