

NORFLEX™

Orphenadrine citrate 100 mg tablets

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about NORFLEX tablets. However it does not contain all the available information. Your doctor and pharmacist have more information about this medicine.

If you have any questions about NORFLEX that are not answered by this leaflet, please ask your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking NORFLEX against the benefits before prescribing it for you.

If you are worried about taking this medicine please talk to your doctor or pharmacist.

Keep this leaflet with your medicine as you may want to read it again.

What NORFLEX is used for

The name of your medicine is NORFLEX.

The active ingredient in NORFLEX is orphenadrine citrate, which is a skeletal muscle relaxant. It acts in the central nervous system to produce its muscle relaxant effects.

NORFLEX is used to help relax certain muscles in your body and to relieve the pain and discomfort caused by sprains, strains or other injury to your muscles.

NORFLEX is also used to treat tension headache and persistent hiccoughs.

Your doctor may have prescribed NORFLEX for another purpose.

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

Before you take NORFLEX

When you must not take it

Do not take NORFLEX if:

- you have had an allergic reaction to orphenadrine citrate or to any of the ingredients listed at the end of this leaflet.
- you have any of the following:
 - glaucoma (high pressure in the eye)
 - intestinal blockage, stomach ulcer or oesophageal disease
 - enlarged prostate or bladder obstruction
 - myasthenia gravis (a condition in which the muscles become weak and tire easily)
- the expiry date on the bottle has passed
- the packaging shows signs of tampering.

Do not give this medicine to a child under the age of 12 years.

Safety and effectiveness in children younger than 12 years have not been established.

Before you start to take it

Tell your doctor or pharmacist if you have:

- allergies to any other medicines, foods, preservatives or dyes
- any heart problems
- any liver or kidney problems.

Tell your doctor if you are pregnant or intend to become pregnant or you are breast-feeding or plan to breast-feed.

Your doctor or pharmacist can discuss the risks and benefits involved.

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

Taking other medicines

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

Some medicines and NORFLEX may interfere with each other. These include:

- anticholinergics (medicines used to relieve stomach cramps or spasms)
- medicines used to treat depression
- other central nervous system (CNS) depressant drugs, including alcohol.

Examples of CNS depressants are antihistamines or medicines for hayfever, other allergies or colds; sedatives or tranquilizers; narcotic analgesics; barbiturates; medicines for seizures; anaesthetics, including some dental anaesthetics; and other muscle relaxants.

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 NORFLEX.

How to take NORFLEX

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

Take NORFLEX tablets only as directed by your doctor or pharmacist.

Your doctor will prescribe the correct dose for you.

The usual dose of NORFLEX for adults is one tablet twice a day.

Take one tablet in the morning and the other tablet in the evening.

Do not change the dose unless your doctor tells you to do so.

If you forget to take your medicine

If you miss a dose of this medicine and remember within an hour or so of the missed dose, take it right away. If you do not remember until later, skip the missed dose and take the next dose when you would normally.

Do not take a double dose.

If you take too much (overdose)

If you or someone else has taken too much NORFLEX contact your doctor or pharmacist, or the Poisons Information Centre (0800 POISON or 0800 764 766). Do this

even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

Symptoms of an overdose may include excitement, confusion and delirium leading to coma, convulsions, rapid heart rate, dilated pupils and difficulty passing urine.

While you are taking NORFLEX

Things you must do

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

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

Be careful driving or operating machinery until you know how the medicine affects you.

In some people NORFLEX may cause blurred vision, drowsiness, dizziness, or to become drowsy, dizzy, lightheadedness or to faint, or be less alert than usual. It may also cause muscle weakness. If you have any of these symptoms do not drive or operate machinery or do anything else that could be dangerous.

If you experience dry mouth when taking NORFLEX and your dry mouth continues for more than 2 weeks speak to your dentist.

Continued dryness of the mouth can increase the chance of dental disease, including tooth decay, gum disease and fungal infections.

For temporary relief of dry mouth use sugarless gum or sweets, melt some ice in your mouth or use a saliva substitute.

Things you must not do

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

NORFLEX is a prescription medicine and has been prescribed for you only.

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

Side Effects

All medicines can cause unwanted side effects. Sometimes they are serious, most of the time they are not.

Tell your doctor if you experience any of the following side effects and they bother you:

- dry mouth.
- nausea, vomiting
- abdominal or stomach cramps or pain
- blurred vision, unusually enlarged pupils or other changes to your vision.
- headache
- tremor or shaking
- dizziness, short periods of lightheadedness, fainting
- drowsiness
- muscle weakness
- feeling confused or agitated
- seeing, feeling or hearing things that are not there
- rash, itchiness or other skin conditions.

Tell your doctor immediately or go to hospital if any of the following side effects occur:

- shortness of breath; troubled breathing; tightness in chest and/or wheezing and skin rash
- sores, ulcers or white spots on lips or in mouth; swollen and/or painful glands; unusual bruising or bleeding; unusual tiredness or weakness.

These are serious side effects and may need urgent medical attention. Serious side effects are rare.

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

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

After taking NORFLEX

Storage

Keep NORFLEX in a cool dry place where the temperature stays below 30°C.

Do not store it 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 all medicines where children cannot reach them.

A locked cupboard at least 1.5 metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine, or if it has passed its 'Use By' date ask your pharmacist what to do with any tablets that are left over.

Product Description

What it looks like

NORFLEX are white tablets with N/X on one side and no markings on the other side.

It comes in bottles containing 100 tablets.

Ingredients

Each NORFLEX tablet contains orphenadrine citrate 100 mg.

It also contains:

- magnesium stearate
- colloidal anhydrous silica

- ethylcellulose
- lactose.

This medicine does not contain gluten or preservatives.

Sponsor

NORFLEX is supplied in New Zealand by:

iNova Pharmaceuticals (New Zealand) Limited
c/- Simpson Grierson
88 Shortland Street
Auckland 1141

Toll free number: 0508 375 394

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