

Clindamycin (Max Health) 150 mg capsules

What is in this leaflet

Please read this leaflet carefully before you start using Clindamycin.

This leaflet answers some common questions about Clindamycin. 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 using Clindamycin 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 the medicine. You may need to read it again.

What Clindamycin is used for

Clindamycin capsules contain clindamycin, which belongs to a group of medicines called antibiotics. Antibiotics are used to treat infections. Clindamycin is used to treat bacterial infections in different parts of the body. It works by killing or stopping the growth of the bacteria causing your infection.

Your doctor may have prescribed Clindamycin for another reason.

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

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

Before you use Clindamycin

When you must not use it

Do not use Clindamycin if you have an allergy to:

- any medicine containing clindamycin or lincomycin.
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- difficulty in breathing or wheezing
- shortness of breath.
- swelling of the face, tongue, lips, or other parts of the body.
- hives on the skin, rash, or itching.

Do not take it after the expiry date (EXP) printed on the back. If you take it after the expiry date has passed, it may not work as well.

Do not take it if the packaging is torn or shows signs of tampering.

Before you start to take it

Tell your doctor if:

1. you have allergies to:

- any other medicines.
- any other substances, such as foods, preservatives or dyes.

2. you have, or have had, the following medical conditions:

- diarrhoea, especially severe diarrhoea associated with the use of antibiotics.
- a history of gastrointestinal (stomach or gut) problems, particularly colitis (inflammation of the large bowel).
- liver or kidney problems.
- asthma, hay fever or eczema.
- lactose intolerance.

3. you are pregnant or intend to become pregnant.

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

4. you are breastfeeding planning to breastfeed.

Tell your doctor if you will be breast-feeding while taking Clindamycin capsules as clindamycin may be passed into breast milk. Your doctor can discuss with you the risks and benefits involved.

If you have not told your doctor about any of the above, tell them before you start taking Clindamycin capsules.

Taking other medicines

Tell your doctor if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop. You should also tell any health professional who is prescribing a new medication for you that you are taking Clindamycin.

Some medicines may interfere with clindamycin. These include:

- muscle relaxants used for operations and hospital procedures.
- erythromycin or rifampicin, an antibiotic used to treat infections.

- oral combined contraceptive pills. You should use extra contraception such as condoms whilst taking Clindamycin capsules and for seven days after taking Clindamycin capsules. If in doubt, ask your doctor or pharmacist for advice.

These medicines may be affected by Clindamycin, or may affect how well it works. You may need different amounts of your medicine, 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 Clindamycin.

If you have not told your doctor about any of the above, tell them before you start using Clindamycin.

How to use Clindamycin

Always take Clindamycin exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

How much to take

Adults

The standard adult dose is one to two capsules (150 mg to 300 mg) every six hours (i.e., 4 times a day). Your doctor may increase this dosage for more serious infections.

Children

For children, your doctor will calculate the correct dose depending on the weight of your child and the type of infection. This medicine is used for children who are able to swallow capsules. If your child is unable to swallow capsules, talk to your doctor or pharmacist.

Ask your doctor or pharmacist if you are unsure of the correct dose for you. They will tell you exactly how much to take. This depends on your condition and the type of infection.

If you take the wrong dose, clindamycin may not work as well and your problem may not improve.

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

How to take it

Swallow the capsules with a full glass of water and in an upright position.

When to take it

Take the capsules with or without food (it does not matter), every six hours or as advised by your doctor.

How long to take it

Continue taking your capsules, even if you feel better.

Your condition may return if you stop taking them.

Your doctor will tell you when you can stop.

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to. Otherwise, take it as soon as you remember, then go back to taking your capsules as you would normally.

Do not take a double dose to make up for the dose that you missed. This may increase the chance of unwanted side effects.

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

While you are using Clindamycin

Things you must do

If you are about to be started on any new medicine tell your doctor and pharmacist that you are taking Clindamycin.

Likewise, tell any other doctors, dentists and pharmacists who are treating you that you are taking this medicine.

Tell your doctor if the symptoms of your infection do not improve within a few days, or if they become worse.

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

If you develop severe diarrhoea, tell your doctor or pharmacist immediately. Do this even if it occurs several weeks after you have stopped taking the capsules. Diarrhoea may mean that you have a serious condition affecting your bowel.

You may need urgent medical care. Do not take any medicines for diarrhoea without first checking with your doctor.

Your doctor may want to carry out liver and kidney function tests or blood counts during long-term treatment.

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

Things you must not do

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

Do not stop taking clindamycin without checking with your doctor.

Things to be careful of

Be careful driving or operating machinery until you know how clindamycin affects you. Make sure you know how you react to it before you drive a car, operate machinery, or do anything else that could be dangerous if you feel dizzy.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have taken too much Clindamycin.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Side Effects

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

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

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

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

- pain, stiffness or swelling in your joints
- skin rash which maybe red or itchy
- purple or red-brown spots visible through the skin
- V-shaped red rash on buttocks, and/or upper inner thighs
- vomiting, nausea
- change or loss of taste

Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects:

- chest pain, shortness of breath, nausea and vomiting, sweating and fast or irregular heart beats
- vaginal infection (itching, burning and a thick, white discharge)
- diarrhoea which may have blood and mucus, stomach pain, fever
- weight loss and fevers, night sweats, fatigue, cough, chest pain, swelling, stomach pain, rash, pain, weakness, confusion
- frequent infections such as fever, severe chills, sore throat or mouth ulcers.
- bleeding or bruising more easily than normal
- sudden signs of allergy such as rash, itching or hives on the skin, swelling of the face, lips, tongue or other parts of the body, shortness of breath, wheezing or trouble breathing
- a burning sensation in the chest rising up to the throat/heartburn
- painful red area of skin with blistering or peeling, or bleeding in the lips, eyes, mouth, nose and genitals
- high fever quickly followed by a skin rash
- little or no urine with drowsiness, nausea, vomiting, breathlessness.

Tell your doctor if you notice any other effects. Other side effects not listed above may also occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to Medsafe online at

<https://pophealth.my.site.com/carmreportnz/s/>.

By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

After using Clindamycin

Storage

Keep your capsules in the pack until it is time to take them. If you take the capsules out of the pack, they may not keep well.

Keep your capsules in a cool dry place where the temperature stays at or below 25°C.

Do not store the capsules in the bathroom or near a sink. Do not leave it in the car or on a windowsill. 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 they have passed their expiry date, ask your pharmacist what to do with any unused medicine.

Return any unused medicine to a pharmacy.

Product description

What it looks like

The capsules consist of a green transparent (body) / Light blue opaque (Cap), size '2' hard gelatin capsule printed with 'M' on cap and '41' on body filled with white to off-white granular powder. Approximately 18 mm in length.

They are available as blister packs of 24 or 100 capsules. Not all pack sizes may be marketed.

Ingredients

Active ingredient:

Clindamycin hydrochloride equivalent to 150 mg of clindamycin per capsule.

Inactive ingredients:

Lactose monohydrate

Magnesium stearate

Maize starch

Talc

Capsule shell: Gelatin, FD&C Blue 1 (E133), Titanium dioxide (E171), D&C Yellow 10 (E104)

Printing ink: Shellac, Potassium hydroxide, Titanium dioxide (E171)

Sponsor Details

Clindamycin (Max Health) 150 mg capsules are supplied in New Zealand by:

Max Health Ltd

PO Box 44452

Pt Chevalier, Auckland 1246

Telephone: (09) 815 2664

Date of Preparation

This leaflet was prepared on 4 May 2026.