

# Clonidine BNM

## *Clonidine hydrochloride*

Tablets, 25 microgram

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## What is in this leaflet?

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Please read this leaflet carefully before you start taking Clonidine BNM.

This leaflet answers some common questions about Clonidine BNM. It does not contain all the available information. The most up-to-date Consumer Medicine Information can be downloaded from [www.medsafe.govt.nz](http://www.medsafe.govt.nz).

Reading this leaflet 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 Clonidine BNM against the benefits this medicine is expected to 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 want to read it again.

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## What Clonidine BNM is used for

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Clonidine BNM contains a medicine called clonidine. This belongs to a group of medicines called vasodilators. Vasodilators widen the blood vessels and this helps the blood to flow more easily.

Clonidine BNM tablets are used to prevent migraine attacks and similar types of headache. It is also used to prevent hot flushes that may occur in women during the menopause (change of life).

Your doctor may have prescribed this medicine for another reason.

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

Clonidine BNM is available only with a doctor's prescription.

Clonidine BNM is not addictive.

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## Before you take Clonidine BNM

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Clonidine BNM is not suitable for everyone.

### ***When you must not take it***

#### **Do not take Clonidine BNM if you:**

- you are allergic to any medicine containing clonidine or any of the ingredients listed at the end of this leaflet
- you have certain heart problems, such as irregular/slow heartbeat
- you are already taking other medicines that contain clonidine.

**Do not take it after the expiry date ('Exp.' as per carton and blister printed on the pack.** 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.**

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

### ***Before you start to take it***

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

**Tell your doctor if you have or have had any medical conditions, especially the following:**

- heart failure or any heart or circulation problem
- stroke, or transient ischaemic attack (TIA)
- mental depression
- sugar diabetes
- constipation
- nerve damage, which may lead to weakness in the arms and legs
- any problems with your kidneys

### ***Pregnancy and breast feeding***

**Tell the doctor if you are pregnant, think you might be pregnant or are trying to become pregnant.**

Clonidine BNM can reach your baby and may lower your baby's heart rate.

Clonidine BNM tablets are not recommended for use while breast feeding; **tell your doctor if you are breast feeding.**

**Do not give Clonidine BNM to a child or teenager aged up to 18 years of age.**

**If you have not told your doctor or pharmacist about any of the above, tell them before you start taking Clonidine BNM.**

## ***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.**

**Tell any health professional who is prescribing a new medicine for you that you are taking Clonidine BNM.**

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

- other medicines that make you drowsy
- medicines for depression such as imipramine or mirtazapine
- medicines for severe mental illness such as schizophrenia. These are also known as 'antipsychotics' or 'neuroleptics' and include chlorpromazine
- beta blockers such as atenolol
- water tablets ('diuretics') such as frusemide
- alpha blockers such as prazosin or doxazosin. These can also be used for prostate problems in men
- vasodilators such as diazoxide or sodium nitroprusside
- cardiac glycosides such as digoxin
- medicines to lower blood pressure
- alcohol

The above medicines may be affected by Clonidine BNM, or may affect how well it works. You may need different amounts of Clonidine BNM, or take it at different times, or you may need to take different medicines.

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

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## **How to take Clonidine BNM**

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**Read the label carefully and follow all directions given to you by your doctor and pharmacist.**

They may differ from the information contained in this leaflet.

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

### ***How much to take***

For migraine and menopausal flushing, the usual starting dose is one tablet twice a day. If necessary your doctor may increase this up to three tablets twice a day.

**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 whether or not you are taking any other medicines.

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

**Swallow Clonidine BNM with a full glass of water. Take with or without food.**

### ***When to take it***

**Take it at about the same times each day.**

Taking it at the same times each day will have the best effect. It will also help you to remember when to take it.

### ***How long to take it***

The duration of treatment will depend on your condition. It may take 2-4 weeks until Clonidine BNM is fully effective.

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

**If you are unsure whether you should stop taking Clonidine BNM, talk to your doctor or pharmacist.**

### ***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.**

**Do not try to make up for missed doses by taking more than one dose at a time.**

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

**If there is still a long time to go before your next dose, take it as soon as you remember, and then go back to taking it as you would normally.**

**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 hints.**

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## **While you are taking Clonidine BNM**

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### ***Things you must do***

**If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking Clonidine BNM. Likewise, tell any other doctors, dentists and pharmacists who are treating you that you are taking this medicine.**

**Keep all of your doctor's appointments so that your progress can be checked. Have your blood pressure checked as instructed by your doctor, to make sure Clonidine BNM is working.**

**See your doctor if you feel that your condition is not improving or is getting worse.**

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

### ***Things you must not do***

**Do not give your medicine to anyone else, even if they have the same condition as you.** This medicine is only intended for the use of the patient it has been prescribed for.

**Do not take Clonidine BNM 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 Clonidine BNM affects you.**

It may cause dizziness or light-headedness in some people, especially after the first dose. 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. If you drink alcohol, or take strong pain killers or barbiturates, the effects may be worse.

**If you feel light-headed, dizzy or faint, get up slowly when getting out of bed or standing up.**

You may feel light-headed when you begin to take these tablets or if the dose is increased. This is because your blood pressure is falling suddenly. Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure, the problem usually goes away after a few days.

**If you continue to feel unwell, tell your doctor.**

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## **In case of overdose**

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### ***If you take too much***

**Immediately telephone your doctor, or the Poisons Information Centre (0800 POISON or 0800 764 766), if you think that you or anyone else may have taken too much Clonidine BNM.**

Symptoms of an overdose may include dryness of mouth, slow heart beat, drowsiness, temporarily stopping breathing and coma. Other signs include dizziness, weakness, lethargy, feeling cold, vomiting, looking pale, or having an irregular heartbeat.

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## **Side effects**

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

Like all medicines, Clonidine BNM may occasionally cause side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

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

Frequently reported side effects include:

- drowsiness
- dryness of the mouth
- light headedness (when you stand up suddenly)

These side effects are usually mild.

Less frequently reported side effects include:

- blurred vision
- dizziness
- confusion
- nausea and vomiting
- sleep disturbances
- mental depression
- irrational or abnormal thoughts
- irritability
- decreased sexual drive / impotence
- generally feeling unwell
- thinning of hair
- rash / hives / itching
- constipation
- dryness of the nose and eyes (caution contact lens users)
- pain in the salivary glands
- tingling or numbness of the hands or feet
- larger breasts than normal, in men
- slow or irregular heart beat
- blood glucose increased

**Tell your doctor as soon as possible if you experience any side effects during or after taking Clonidine BNM, so that these symptoms may be properly treated.**

**Tell your doctor immediately, or go to Accident and Emergency at your nearest hospital if you notice any of the following:**

- serious allergic reaction (swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing)
- severe light-headedness or dizziness
- numbness in the hands or feet.

These are very serious side effects; you may need urgent medical attention or hospitalisation.

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

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

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

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## After taking Clonidine BNM

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### ***Storage***

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

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

**Keep Clonidine BNM in a cool dry place where the temperature stays below 25°C**

**Do not store it or any other medicine in the bathroom, near a sink, or on a window sill.**

**Do not leave it in the car.**

Heat and damp can destroy some medicines.

**Keep it and any other medicine 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.

**Do not keep Clonidine BNM past its expiry date.**

### ***Disposal***

**Return any unused medicine, and any medicine past its expiry date (as shown on the dispensing label or on the packaging) to your pharmacy.**

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## Product description

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### ***What it looks like***

Clonidine BNM is available in cartons of 112 tablets (4 blister strips of 28 tablets each). The tablets are round, white to off-white in colour with 'CD 25' marking on one side.

### ***Ingredients***

#### Active ingredient:

- clonidine hydrochloride

#### Inactive ingredients:

- cellulose - microcrystalline
- starch - maize
- starch - pregelatinised maize
- lactose monohydrate
- talc - purified
- sodium starch glycollate Type A
- magnesium stearate (E470b)

Clonidine BNM contains lactose.

Clonidine BNM does not contain sucrose, tartrazine or any other azo dyes.

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## Sponsor details

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## Date of preparation

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