

CONSUMER MEDICINE INFORMATION

CEPHALEXIN ABM CAPSULES (Cephalexin monohydrate)

What is in this leaflet

This leaflet answers some common questions about Cephalexin ABM Capsules. It does not contain all the available information. It does not take the place of talking with your doctor or pharmacist.

All medicines have risks and benefits.

Your doctor has weighed the risks of you taking Cephalexin ABM Capsules against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, talk to your doctor or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

What Cephalexin ABM Capsules are used for

The name of your medicine is Cephalexin ABM Capsules. It contains the active ingredient cephalexin monohydrate.

Cephalexin is used to treat infections in different parts of the body caused by bacteria.

Cephalexin can be used to treat infections of the:

- respiratory tract (throat, tonsils, chest and lungs)
- nose (sinusitis)
- ears (otitis media)
- skin and soft tissue
- kidneys and bladder (genitourinary tract)

Cephalexin belongs to a group of medicines called cephalosporins. These antibiotics work by killing the bacteria that are causing your infection.

Ask your doctor or pharmacist if you have any questions about why this medicine has been prescribed for you. Your doctor may have prescribed it for another reason.

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

Before taking Cephalexin ABM Capsules

When you must not take it

Do not take Cephalexin ABM Capsules if you have an allergy to:

- any medicine containing cephalexin monohydrate
- other cephalosporins
- any of the ingredients listed at the end of this leaflet (see 'Product Description')

Do not take this medicine if you have had a serious allergic reaction to penicillin.

Some of the 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.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

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

Before you start to take it

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

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

- liver disease
- kidney disease
- bowel disease
- central nervous system disorders and elderly patients

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

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 Cephalexin ABM Capsules.

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.

Some medicines and cephalixin may interfere with each other e.g.

- probenecid, a medicine commonly used to treat gout
- metformin, a medicine used in the treatment of diabetes
- anti-inflammatory medications
- antacids or anti-ulcer medications
- blood-thinning medications (may increase bleeding risk)
- any other antibiotics or water pills (may affect kidneys)
- birth control pills (may need backup protection)

How to take Cephalexin ABM capsules

Carefully follow all directions given to you by your doctor or pharmacist.

They may differ from the information contained in this leaflet.

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

How much to take

Your doctor will tell you how much and how often you should take Cephalexin ABM Capsules. This will depend on the type of infection. The dose varies from patient to patient.

Adults:

The usual adult dose is 250 mg every 6 hours.

How to take it

Swallow the capsules whole with a full glass of water.

When to take it

It does not matter if you take this medicine before or after food.

How long do I take it?

Continue taking your medicine until you finish the blister pack or for as long as your doctor tells you.

Keep taking Cephalexin ABM Capsules for the full time of treatment, even if you begin to feel better after a few days.

If you do not complete the full course prescribed by your doctor, your infection may not clear completely or your symptoms may return.

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

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 some hints.

If you take too much (overdose)

Immediately telephone your doctor or Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think you or anyone else may have taken too much Cephalexin ABM Capsules.

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

Symptoms of an overdose may include feeling sick in the stomach, diarrhoea, convulsions or hallucinations.

While you are taking Cephalexin ABM Capsules

Things you must do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Cephalexin ABM Capsules.

Tell any other doctors, dentists and pharmacists who treat you that you are taking this medicine.

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

If you are about to have any blood or urine tests, tell your doctor that you are taking Cephalexin ABM Capsules.

It may interfere with the results of some tests.

If you have to test your urine for sugar while you are taking cephalexin, make sure that your doctor knows about the type of test you use.

Cephalexin may affect the results of some of these tests.

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

Your doctor may do some tests from time to time to make sure the medicine is working and to prevent unwanted side effects.

Things you must not do

Do not take Cephalexin ABM Capsules to treat any other complaints unless your doctor tells you to.

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

Do not stop taking your medicine or lower the dosage without checking with your doctor.

If you stop taking it, your condition may worsen.

Things to be careful of

Be careful driving or operating machinery until you know how Cephalexin ABM Capsules affects you.

This medicine may cause dizziness or drowsiness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

Children should be careful when riding bicycles or climbing trees.

Side effects

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

This medicine helps most people with infection but in a few people it may have unwanted side effects. These are likely to vary from patient to patient.

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

Do not be alarmed by the following lists of side effects. You may not experience any of them.

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

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

- sore or white mouth or tongue (oral thrush)
- sore and itchy vagina and/or discharge (another form of thrush)
- diarrhoea
- nausea
- vomiting
- dizziness
- unusual tiredness/weakness
- abdominal pain
- headache

The above list includes the more common side effects of your medicine.

Tell your doctor as soon as possible if you notice any of the following:

- severe body rash
- swelling of face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- fever
- swelling of the joints
- yellowing of the skin or eyes
- joint pain
- confusion and hallucinations
- bleeding or bruising more easily than normal
- Reduced ability to think clearly or concentrate, memory loss, drowsiness, seizures, muscle twitches and personality change (signs of encephalopathy)
- sudden, brief muscle jerks or twitches that you can't control (myoclonus)

The above list includes serious side effects which may require medical attention.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- severe stomach cramps or pain
- severe, watery or bloody diarrhoea
- fever, in combination with one of the above

You may have a serious condition affecting your bowel. Therefore, you may require urgent medical attention. Do not take any diarrhoea medicine without first checking with your doctor.

If the following happens, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- sudden signs of allergy such as rash, itching or hives on the skin with swelling of the face, lips, tongue or other parts of the body, shortness of breath, wheezing or trouble breathing.

The above is a very serious side effect. You may need urgent medical attention or hospitalisation.

In rare cases, Cephalexin ABM Capsules may cause nerve-related side effects like:

- Muscle twitching or jerking (myoclonus)
- Shaking (tremors)
- Seizures or confusion

These are very uncommon and mostly happened in people with kidney problems who took too high a dose. If you notice any unusual movements, shaking, or confusion, stop Cephalexin ABM Capsules and contact your doctor right away. These effects usually go away after stopping the medicine.

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

Other side effects not listed above may also occur in some people. Some of these side effects can only be found when your doctor does tests from time to time to check your progress.

After taking Cephalexin ABM Capsules

Storage

Keep your capsules in the blister pack until it is time to take them.

If you take your capsules out of the blister pack, they may not keep as well.

Store below 30°C.

Do not store Cephalexin ABM Capsules 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 your 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.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product Description

What it looks like

Cephalexin ABM capsules 250 mg are Size ‘2’ capsules with a dark green cap imprinted with “250” in black ink and a white body, containing white to yellowish-white granular powder, and are available in packs of 20.

Cephalexin ABM Capsules 500 mg are Size ‘0’ capsules with a dark green cap imprinted with “500” in black ink and a light green body, containing white to yellowish-white granular powder, and are available in packs of 20.

Ingredients

Cephalexin ABM capsules contain 250 mg and 500 mg of cephalexin monohydrate as the active ingredient.

They also contain:

- Microcrystalline cellulose
- Magnesium stearate

The capsule shell contains gelatin, water, sodium lauryl sulphate, sunset yellow, quinoline yellow, titanium dioxide, and patent blue.

Cephalexin ABM Capsules do not contain lactose, sucrose, gluten or tartrazine.

Sponsor

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