

# Consumer Medicine Information

## NITROFURANTOIN

50mg tablets

Nitrofurantoin

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### What is in this leaflet

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This leaflet answers some common questions about Nitrofurantoin. 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 taking Nitrofurantoin against the benefits he/she expects it will 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 need to read it again.

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### What Nitrofurantoin is used for

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Nitrofurantoin is an antibacterial agent specific for urinary tract infections.

Urinary tract infections are caused by the presence of bacteria in the urinary system. The bacteria often come from the intestines where they are necessary for normal function. In women, the most common infection involves the bladder and is called cystitis. In men, the infection may involve the prostate, which is called prostatitis. In both men and women, the bacteria may travel up and infect the kidneys.

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### Before you take Nitrofurantoin

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Do not take Nitrofurantoin if:

- you have an allergy to nitrofurantoin or any of the ingredients listed at the end of this leaflet
- you have problems passing urine or have significant impairment of kidney function
- you are a pregnant women undergoing labour and delivery, or if the onset of labour is imminent
- the child who is receiving the medicine is less than one month of age.

Tell your doctor if:

- you intend to become pregnant or to breastfeed.
- you have any other medical conditions, especially a history of lung disease, liver disease, kidney disease, peripheral neuropathy, optic neuritis, anaemia, diabetes mellitus, electrolyte imbalance, vitamin B deficiency, or other debilitating disease.

### ***Taking other medicines***

Tell your doctor if you are taking any other medicines, including any non-prescription product. When taking Nitrofurantoin, avoid taking antacids containing magnesium trisilicate, as these can affect the absorption of Nitrofurantoin.

Tell your doctor if you are taking uricosuric medicines, such as probenecid and sulphapyrazone, as these can reduce the effectiveness of nitrofurantoin and increase side effects.

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## How to take Nitrofurantoin

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Take Nitrofurantoin only when prescribed by your doctor. Your doctor will tell you how many tablets you need to take each day. The dose will vary depending on whether Nitrofurantoin is being used for the treatment or prevention of urinary tract infections. The usual adult dose for treatment of active infections is 50-100 mg four times daily for seven days. The usual adult dose for prevention of infections is 50-100 mg at bedtime.

Carefully follow all the directions given to you by your doctor. They may differ from the information contained in this leaflet. If you do not understand how to take the medicine, ask your doctor or pharmacist for help.

Nitrofurantoin should be taken with food or milk.

You should complete the full course of therapy prescribed by your doctor.

### ***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 doses as you would normally. If you are not sure whether to skip the dose, talk to your doctor or pharmacist. Do not take a double dose to make up for the dose that you missed.

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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 the medicine. Nitrofurantoin helps most people with infections of the urinary tract but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious but most of the time they are not. You may need medical treatment if you experience some of the side effects.

The most common side effects reported with the use of nitrofurantoin are nausea, headache, and flatulence.

Nitrofurantoin does not interfere with the ability to drive or use machines.

Nitrofurantoin may turn your urine a brown colour but this of no clinical significance. Inform your doctor if you notice any of the following:

- severe abdominal pain
- numbness or tingling in the fingers or toes
- visual disturbances
- taste disturbances
- dizziness or vertigo
- drowsiness or malaise
- rash
- swelling of the face, lips, mouth, tongue or throat
- joint or muscle pain
- fever or chills
- cough, chest pain or difficulty in breathing
- jaundice

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

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## Overdose

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Immediately telephone your doctor or the National Poisons Information Centre (telephone **0800 POISON** or **0800 764 766**) for advice if you think that you or anyone else may have taken too much Nitrofurantoin. Do this even if there are no signs of discomfort or poisoning. Keep the telephone numbers of these places handy.

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## Storage conditions

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Store Nitrofurantoin 50mg tablets at or below 25°C.

Keep all medicines out of the reach of children.

Do not use Nitrofurantoin 50mg tablets if the product has passed the expiry date on the pack.

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## Product description

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Nitrofurantoin 50mg is a yellow, round, scored tablet, containing 50mg nitrofurantoin.  
*The score line is only to facilitate breaking for ease of swallowing and not to divide into equal doses*

Bottles of Nitrofurantoin 50mg contain 100 tablets.

### ***Inactive ingredients***

- Croscarmellose sodium
- Lactose monohydrate
- Microcrystalline cellulose
- Magnesium stearate

Nitrofurantoin 50mg tablets contain lactose

Nitrofurantoin 50mg tablets are gluten free.

Nitrofurantoin 50mg tablets do not contain any colouring agents or alcohol.

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## Supplier

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Clinect NZ Pty Limited  
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108 Wrights Road  
Christchurch 8024  
New Zealand  
Telephone: 0800 138 803

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