

# Colgout

colchicine 0.5 mg tablets

## Consumer Medicine Information (CMI)

### What is in this leaflet

This leaflet answers some common questions about Colgout.

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

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

### What Colgout is used for

Colgout contains the active ingredient colchicine. It belongs to a group of medicines called antigout drugs.

Colgout is used for the relief of pain in acute attacks of gout. It is not an analgesic and does not provide relief from other types of pain.

Colgout has a preventative effect that helps to reduce the number of acute attacks. It will not reduce the amount of uric acid in the body.

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

Your doctor may have prescribed it for another reason.

This medicine helps to control your condition but does not cure it.

This medicine is not addictive.

Colgout is available only with a doctor's prescription.

### Before you take it

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

**Do not take Colgout if you have an allergy to:**

- any medicine containing colchicine
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing; swelling of the face, lips or tongue; skin rash, itching or hives.

#### **Use in children**

**Do not give this medicine to children.**

Safety and effectiveness in this age group have not been established.

#### **Do not use Colgout if:**

- you have any of the following:
  - combined kidney and liver disease
  - serious kidney or liver disease
  - serious heart disease
  - severe stomach disorder
  - a blood disorder
  - a rare genetic condition where the body can't properly digest certain sugars like galactose, lactose or glucose.
- the expiry date printed on the pack has passed
- the package shows signs of tampering.

**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:

1. **you have allergies to any other medicines, foods, preservatives or dyes.**
2. **you have or have had any of the following medical conditions:**
  - stomach problems
  - kidney or liver disease
  - heart disease
  - alcoholism
  - rare genetic condition where the body can't properly digest certain sugars like galactose, lactose or glucose.
3. **you are pregnant or plan to become pregnant.**

Colgout may affect your developing baby if you take it during pregnancy.
4. **you are breast-feeding or plan to breastfeed.**

Colgout passes into breast milk and although the effect on your baby is not known, there is a possibility that your breastfed baby may be affected.

Your doctor will discuss the risks and benefits of you taking Colgout when breast-feeding.

#### **Use in elderly or debilitated patients**

Elderly or debilitated patients may be more sensitive to the effects or side effects of Colgout.

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

## **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 Colgout may interfere with each other. These include:

- cyclosporin – a medicine used to suppress the immune system
- erythromycin / clarithromycin – antibiotics used to treat bacterial infection
- acidifying and alkalinising agents, such as ammonium chloride, ascorbic acid (vitamin C), sodium bicarbonate
- diltiazem or verapamil, used to treat heart issues such as high blood pressure
- medicines to help you sleep
- alcohol
- NSAIDs (such as ibuprofen, naproxen or diclofenac or aspirin – anti-inflammatory drugs used to treat pain
- medicines used to treat cancer including radiation therapy
- vitamin B12
- anticoagulants such as warfarin, heparin
- antithyroid medicines.

This list is not exhaustive.

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

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## **How to take Colgout**

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### **How much to take**

The dosage of Colgout varies and depends on the patient, any other health conditions and the response to the treatment. Your doctor will tell you how much Colgout to take.

*The recommended dose for Adults:*

1 mg (2 tablets) at the first sign of the flare followed by 0.5 mg (1 tablet) one hour later. Higher doses

have not been found to be more effective.

The maximum recommended dose for treatment of gout flare is 1.5 mg (3 tablets) over a one hour period.

**Do not repeat the course within 3 days.**

**If nausea, vomiting or stomach problems occur, stop taking the tablets immediately.**

For elderly patients the maximum dose is 1.5 mg (3 tablets) over 3 days.

**Do not take more than your doctor tells you to.**

Colgout can be harmful if you take too much.

### **How to take it**

**Swallow the tablets whole with a full glass of water.**

### **When to take it**

Colgout may be taken before or after food.

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

This will depend on your condition and your response to the treatment.

**Stop taking Colgout when your pain is relieved.**

**Do not take Colgout for more than four days.**

Take a break of at least three days before starting another course of Colgout.

**Immediately stop taking Colgout at the first sign of stomach pain, nausea, vomiting or diarrhoea. Do this even if your symptoms have not been relieved.**

### **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.**

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

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

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

### **If you take too much (overdose)**

**Immediately telephone your doctor or the Poisons Information Centre (telephone 0800 764 766) for advice or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Colgout. Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention. This medicine can cause life-threatening, harmful effects.

Symptoms of overdose include:

- nausea, vomiting, stomach pain and diarrhoea
- burning feeling or rawness in the mouth and throat
- difficulty in breathing or swallowing
- fever
- muscle weakness
- mental confusion, delirium, convulsions.

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## **While you are taking Colgout**

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### **Things you must do**

**Immediately stop taking Colgout if you get stomach pain, diarrhoea, nausea or vomiting.**

Remember to take note of the number of tablets you took before the onset of these symptoms so that you can take fewer tablets during subsequent attacks.

**If you are about to be started on any new medicine, remind your**

doctor and pharmacist that you are taking Colgout.

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

**If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.**

Colgout may delay corneal wound healing following eye surgery.

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

**If you are about to have any blood tests, tell your doctor that you are taking this medicine.**

It may interfere with the results of some tests.

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

Your doctor may do some tests such as blood counts 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 Colgout 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.**

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how Colgout affects you.**

Possible drowsiness and dizziness should be taken into account.

**Check with your doctor or pharmacist before drinking alcohol while you are taking Colgout.**

If you drink alcohol while taking Colgout, you may develop stomach problems.

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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 Colgout.**

This medicine helps most people with gout, but it may have unwanted side effects in a few people. 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 side effects.

If you are over 65 years of age you may have an increased chance of getting side effects.

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

- early symptoms of nausea, vomiting, stomach pain, diarrhoea.

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:**

- loss of appetite
- loss of hair
- changes in menstrual cycle.

The above list includes more 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:**

- burning feeling in the stomach or throat
- severe nausea, vomiting, stomach pain
- severe diarrhoea with bloody or black tarry stools
- itchy skin, skin rash, hives, unusual bleeding or bruising under the skin
- difficulty in passing urine or blood in urine

- confusion, convulsions
- fever
- muscle weakness
- numbness or weakness in the fingers and toes.

The above list includes 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 people.

Some of these side effects (e.g. changes in thyroid function, or in the blood) can only be found when your doctor does tests from time to time to check your progress.

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## **After using Colgout**

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### ***Storage***

**Keep your tablets in the bottle, protected from light, where the temperature stays below 30°C.**

**Store it in a cool, dry place away from moisture, heat or sunlight.**

**For example, do not store it in the bathroom or near a sink, or in the car or on window sills.**

Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

### ***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.**

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## **Product description**

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

Colgout tablets are round, white tablets embossed "C" on the upper side and plain on the other side. Available in bottles of 100 tablets and blister packs of 30 tablets.

### ***Ingredients***

Active ingredient

- colchicine 0.5 mg/tablet.

Inactive ingredients:

- magnesium stearate
- lactose monohydrate
- maize starch
- povidone.

### ***Distributor***

Pharmacy Retailing (NZ) Limited t/a  
Healthcare Logistics  
58 Richard Pearse Drive  
Airport Oaks  
Auckland  
New Zealand

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