

TMP

Trimethoprim tablets 300 mg



What is in this leaflet

Please read this leaflet carefully before you start taking TMP.

This leaflet answers some common questions about TMP.

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 TMP against the benefits they expect 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.

What TMP is used for

TMP is used to treat and prevent infections of the urinary tract caused by bacteria.

TMP contains the active ingredient trimethoprim. It belongs to a group of medicines known as antibiotics. It works by stopping the growth of the bacteria that is causing your infection.

Your doctor may have prescribed this medicine for another reason.

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

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

Before you take TMP

When you must not take it

Do not take TMP if you have an allergy to:

- any medicine containing trimethoprim
- 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, tongue or other parts of the body; rash, itching or hives on the skin.

Do not take TMP if:

- you have or have had severe blood disorders or anaemia
- you have severe kidney problems
- if you are pregnant

This medicine should not be given to premature infants or children under 4 months of age.

Do not take this medicine if you are pregnant.

It may affect your developing baby if you take it during pregnancy.

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:

- folate deficiency
- kidney problems
- liver problems
- blood disorders

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

Tell your doctor if you are breastfeeding.

The active ingredient in TMP (trimethoprim) passes into breast milk. Your doctor can discuss with you the risks and benefits involved.

Taking other medicines

Tell your doctor or pharmacist 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 TMP.

Some medicines may interfere with TMP. These include:

- pyrimethamine, a medicine used to prevent malaria
- warfarin or heparin, medicines used to prevent blood clots
- methotrexate, a medicine used to treat painful swollen joints and some types of cancer

- phenytoin, a medicine used to control epilepsy (fits or seizures)
- digoxin, a medicine used to treat heart failure or to control a fast irregular heart beat
- procainamide, a medicine used to correct an irregular heart beat or to slow an overactive heart beat
- amantadine, a medicine used to treat Parkinson's disease
- rifampicin, an antibiotic
- ciclosporin, a medicine used to help prevent organ transplant rejection or to treat certain problems with the immune system
- certain blood pressure medications that can increase potassium levels in the blood
- zidovudine, zalcitabine and lamivudine, medicines used to treat HIV
- dapsone, a medicine used to treat inflamed skin disorders
- medicines that are used to increase the urine production
- medicines that are decreasing the blood cell production.
- repaglinide a medicine used to treat high blood sugar
- azathioprine a medicine used to treat rheumatoid arthritis
- mercaptopurine a medicine used to treat acute lymphocytic leukaemia, acute promyelocytic leukaemia, Crohn's disease, and ulcerative colitis

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

How to take TMP

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

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

How much to take

Your doctor will tell you how much TMP you need to take each day. It is important that you take TMP as directed by your doctor. Do not take more than the recommended dose.

The usual daily dose of TMP to treat urinary tract infections in adults and children over 12 years is 300 mg once daily.

The usual daily dose of TMP to prevent urinary tract infections in adults and children over 12 years is 100 mg once daily.

For children under 12 years, the dose of TMP will depend on the child's age and weight.

The elderly and people with kidney problems may need to take a smaller dose.

Some people may need to take folate supplements while taking TMP. These people may include the elderly, people with folate deficiency and people taking certain medicines.

Your doctor may tell you to take different doses to these. If so, follow their instructions.

How to take it

Swallow the tablets whole with a full glass of water.

When to take it

Take your medicine at about the same time each day.

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

TMP tablets are best taken before bedtime.

It does not matter if you take this medicine with or without food. However, taking TMP with food will help reduce the chance of a stomach upset.

How long to take it

Continue taking your medicine for as long as your doctor tells you.

It is important to keep taking your medicine even if you feel well.

Check with your doctor if you are unsure how long you should take TMP for.

If you forget to take it

If you forget to take a 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.

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.

While you are taking TMP

Things you must do

If you are about to be started on any new medicines, tell your doctor and pharmacist that you are taking TMP.

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 TMP.

It may affect other medicines used during surgery.

Tell your doctor if you develop a skin rash or hives while taking TMP.

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 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 especially if you have been taking the medicine for a long time, have problems with your kidneys, have poorly controlled diabetes mellitus, or are elderly.

TMP should only be started or used if you have kidney problems if you are monitored by your doctor for any increases in serum creatine levels.

TMP should only be started or used if you are a dialysis patient if you are under close supervision of a specialist in both infectious diseases and renal medicine.

Things you must not do

Do not take TMP 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 suddenly, your condition may worsen.

If possible, your doctor will gradually reduce the amount you take each day before stopping the medicine completely.

Things to be careful of

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

This medicine may cause dizziness, tiredness 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.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information 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 TMP. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Symptoms of an overdose may include nausea, vomiting, dizziness, headaches, mental depression, confusion, tiredness, being short of breath when exercising, looking pale, fever, chills, sore throat, mouth ulcers, bleeding or bruising more easily than normal, nosebleeds.

Side effects

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

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

If you are elderly you may have an increased chance of getting side effects.

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.

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:

- headache
- nausea, vomiting, diarrhoea
- constipation
- loss of appetite
- upset stomach
- cough
- difficulty sleeping, nightmares
- dizziness, sleepiness, drowsiness
- weight loss
- ringing, hissing, whistling, buzzing or persisting noise in the ears
- nosebleeds
- increased sensitivity to the sun
- joint or muscle pain
- tingling or numbness of the hands or feet
- signs of low blood sugar levels like sweating, weakness, hunger, dizziness, trembling, headache, flushing or paleness, numbness, having a fast and pounding heart beat
- fainting
- vaginal discharge
- abdominal cramps

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

- any skin reaction, redness, itching, swelling, flaking, peeling or blistering of the skin (e.g. skin rash, 'hives', spots, or blisters)
- sore mouth, mouth ulcers and cold sores
- tiredness
- being short of breath when exercising
- looking pale
- signs of frequent infections such as fever, chills, sore throat or mouth ulcers
- bruising or bleeding more easily than normal
- purple or red-brown spots visible through the skin
- watery and severe diarrhoea which may also be bloody

- feelings of deep sadness and unworthiness (depression)
- seeing or feeling things that are not there (hallucinations)
- confusion, nervousness, feeling anxious
- agitation
- abnormal uncontrolled movements including muscle twitching or spasms
- clumsiness and lack of coordination, affecting balance and manner of walking, limb or eye movement and/or speech
- shaking
- pain and/or swelling in the arms or legs
- blurred vision, redness of the eye, eye pain, increased sensitivity to light
- stiff neck that may occur with extreme sensitivity to bright light
- skin blisters that might come with bleeding in the lips, eyes, mouth, nose and genitals
- blood in the urine

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

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

- swelling of the face, lips, mouth, tongue or other body parts
- shortness of breath, wheezing or difficulty breathing/swallowing
- seizures, fits, convulsions
- yellowing of the skin and/or eyes
- blistering or peeling of the skin

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 that is making you feel unwell.

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

your doctor if you notice any other effects.

Some of these side effects (for example, changes in your blood sugar levels, blood pressure or white blood cells) can only be found when your doctor does tests from time to time to check your progress.

Do not be alarmed by these lists of possible side effects. You may not experience any of them.

After taking TMP

Storage

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

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

Do not store TMP 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 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 the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like

TMP 300 mg tablets are white, round tablets marked "TM/300" on one side and "G" on the other side.

Ingredients

Active ingredient(s):

TMP contains 300 mg of trimethoprim as the active ingredient.

Inactive ingredient(s):

TMP also contains:

- lactose monohydrate
- magnesium stearate
- povidone
- sodium starch glycolate
- purified talc

Contains lactose and sulfites.

If you want to know more

Should you have any questions regarding this product, please contact your pharmacist or doctor.

Who supplies this medicine

TMP is supplied in New Zealand by:

Viatrix Ltd
PO Box 11-183
Ellerslie
AUCKLAND
www.viatrix.co.nz
Telephone 0800 168 169

Date of Information

18 November 2025
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