

NEW ZEALAND CONSUMER MEDICINE INFORMATION

KINSON

Carbidopa and levodopa, tablets, 25 mg and 100 mg



What is in this leaflet

Please read this leaflet carefully before you start taking KINSON.

This leaflet answers some common questions about KINSON.

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 KINSON 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 your medicine. You may need to read it again.

What KINSON is used for

KINSON is used to treat some of the symptoms of Parkinson's disease. This is a disease of the nervous system that mainly affects body movement. The three main symptoms are shaking (tremor), muscle stiffness and slow, unsteady movement.

KINSON is most helpful in improving slow movement and muscle stiffness. It can also be helpful in treating shaking, difficulty in swallowing, drooling and unstable posture.

Parkinson's disease is caused by the brain not making enough of a chemical called dopamine. Dopamine helps the brain to control muscle movement.

KINSON contains two active ingredients, levodopa and carbidopa. Levodopa is a chemical closely related to dopamine, which allows the body to make its own dopamine. Carbidopa makes sure that enough levodopa gets to the brain where it is needed. In many patients, KINSON reduces some of the symptoms of Parkinson's disease.

Your doctor may have prescribed KINSON for another reason.

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

KINSON is available only with a doctor's prescription.

KINSON is not recommended for use in children under the age of 18, as its safety and effectiveness have not been established in this age group.

Before you take KINSON

When you must not take it

Do not take KINSON if you have an allergy to:

- any medicines containing levodopa or carbidopa or
- 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 KINSON if you have or have had any of the following medical conditions:

- unusual skin lumps or moles which have not been checked by your doctor
- skin cancer or melanoma
- type of glaucoma called narrow-angle glaucoma.

Do not take KINSON if you are taking another medicine for depression called a monoamine oxidase inhibitor (MAOI), or you have previously taken a MAOI within the last 14 days. Some examples of MAOIs are phenelzine and tranylcypromine.

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:

- depression, mental illness or psychiatric problems
- uncontrollable twitching or jerking movements of the body
- heart conditions, including irregular heart beat (arrhythmia)
- lung conditions, including asthma
- kidney problems
- liver problems
- hormonal problems
- convulsions or fits
- glaucoma

- stomach ulcer and/or duodenal ulcers (peptic ulcer)
- high blood pressure.

Your doctor may want to take special care if you have any of these conditions.

Tell your doctor if you are currently taking levodopa or have taken it in the past. Some examples of medicines which contain levodopa are Madopar and Sinemet.

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

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 KINSON.

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 KINSON.

Some medicines may interfere with KINSON. These include:

- selegiline, another medicine used to treat Parkinson's disease
- medicines used to treat high blood pressure (including reserpine)
- some medicines used to treat depression
- some medicines used to treat mental illness or psychiatric problems (e.g. phenothiazines, butyrophenone or risperidone)
- iron preparations (e.g. ferrous sulphate or ferrous gluconate)
- phenytoin, a medicine used to treat convulsions
- isoniazid, a medicine used to treat tuberculosis

- some medications used in minor surgery such as papaverine
- tetrabenazine, a medicine used to treat movement disorders.

Your doctor can tell you what to do if you are taking any of these medicines.

If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.

These medicines may be affected by KINSON 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 KINSON.

How to take KINSON

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 pack, ask your doctor or pharmacist for help.

How much to take

The dose varies from patient to patient.

The usual starting dose is one KINSON tablet three times a day. Your doctor may increase this dose depending on how you respond to this medicine whether or not you are taking any other medicines.

How to take it

Swallow the tablets with a full glass of water.

KINSON tablets can be divided in half along the break line, if your doctor has prescribed half a tablet.

When to take it

Take your medicine 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 remember when to take it.

How long to take it

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

This medicine helps to control some of the symptoms of Parkinson's disease, but it does not cure your condition. It is important to keep taking KINSON every day on a regular basis even if you feel well.

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 you missed.

If you are not sure what to do or have any questions, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

While you are taking KINSON

Things you must do

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

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

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

It may affect other medicines used during surgery.

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

If you are diabetic, check with your doctor or pharmacist before using urine sugar tests. KINSON may cause false test results with some urine sugar tests.

If you need to have any other blood or urine tests, tell your doctor that you are taking KINSON.

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 check your blood, liver, kidneys and heart to make sure the medicine is working and to prevent unwanted side effects. Your doctor may also want to exam your skin to check for any abnormal moles or skin lesions.

Tell your doctor if you feel KINSON is not working as well as it did previously.

In some people who have been taking KINSON for a long time, such as a year or more, sudden and unexpected losses of movement may occur. These may last from a few minutes to several hours. Afterwards, the person can move as before. This is called the on-off effect. If this happens, your doctor may want adjust your medicine.

Things you must not do

Do not take KINSON 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 dose, without checking with your doctor.

If you stop taking it suddenly, your condition may worsen or you may have unwanted side effects such as muscle stiffness, fever and mental changes. 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 KINSON affects you.

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

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

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. If this problem continues or gets worse, talk to your doctor.

Be careful when following a diet high in protein.

The amount of levodopa absorbed by your body may be reduced if your diet is high in protein. Ask your doctor, pharmacist or dietician to check your diet.

In case of overdose

If you take too much (overdose)

You should only take the number of tablets that you have been told.

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 KINSON. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the container of KINSON with you if you can.

Keep telephone numbers for these places handy.

Symptoms of an overdose may include fast heartbeat, nausea and vomiting.

Side effects

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

This medicine helps most people with Parkinson's disease, but it may have unwanted side effects in some 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.

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:

- abnormal uncontrolled movements including muscle twitching or spasms, which may or may not be like your Parkinson's symptoms
- dizziness, light headedness that may especially occur when getting up quickly from a sitting or lying position
- fainting
- nausea (feeling sick)
- vomiting
- loss of appetite
- sudden episodes of sleep onset
- drowsiness (that may or may not be excessive), tiredness
- slow movements
- twitching or spasm of the eyelids that may cause difficulties with opening the eyes
- hand tremor
- muscle cramps
- changes in weight
- strange dreams
- headaches
- falling over or trouble walking
- trouble with your vision or "seeing double"

- large (dilated) pupils
- involuntary upward movement of the eyes
- unusual weakness
- dry mouth
- bitter taste
- hot flashes, or flushing of the skin
- change in voice quality
- excessive sweating
- stomach pain and/or discomfort
- passing wind
- diarrhoea
- constipation
- trouble sleeping
- grinding teeth
- hiccups
- drooling
- pain when opening the jaw.

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

- unusual behaviour or urges, including an unusual urge to gamble, excessive eating or spending, or increased sexual desire and/or behaviours.
- difficulty or pain in passing urine
- loss of control of your bladder
- blood in the urine
- prolonged erection
- changes in mood such as depression, becoming agitated or feeling anxious.
- easily confused
- forgetfulness
- disorientation
- signs of anaemia such as tiredness, being short of breath and looking pale
- signs of frequent infections such as fever, chills, sore throat or mouth ulcers
- bruising or bleeding more easily than normal
- numbness or tingling in the hands or feet
- alopecia
- dark sweat
- dark saliva
- dark urine
- burning sensation of tongue
- changes in colour of skin or teeth
- swelling and redness along a vein which is extremely tender when being touched

- any change to a mole/moles on your skin, including any change to the size, shape, colour or feel of a mole
- swelling of the ankles, feet, legs or other body parts due to build up fluids.

The above list includes the more 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:

- skin rash (including purple coloured spots), itching or hives
- swelling of the face, lips or tongue that may cause difficulty in swallowing or breathing
- difficulty breathing, wheezing or shortness of breath
- difficulty swallowing
- bleeding from the back passage, black sticky bowel motions (stools) or bloody diarrhoea
- vomiting blood or material that looks like coffee grounds
- chest pain
- fast or irregular heart beats, also called palpitations
- muscle stiffness accompanied by fever
- convulsions
- mental changes such as feeling very fearful or paranoid, hallucinations or delusions
- narrowed (constricted) pupil, drooping of the upper eyelid, absence of sweating of the face and/or sinking of the eyeball.

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 side effects (e.g. high blood pressure or changes in blood cell counts) can only be found when your doctor does tests from time to time to check your progress.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

After taking KINSON

Storage

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

If you take the tablets out of the bottle they will not keep well.

Keep your tablets in a cool dry place where the temperature stays below 30°C.

Do not store KINSON 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

KINSON is a round, 9 mm, yellow, flat bevel edged tablet debossed 'LC' breakline '2' on one side and 'α' on the other side.

Ingredients

Active ingredients:

KINSON contains 100 mg of levodopa and 25 mg of carbidopa as the active ingredients.

Inactive ingredients:

KINSON also contains:

- maize starch

- povidone
- microcrystalline cellulose
- magnesium stearate
- purified talc
- sodium starch glycollate
- quinoline yellow.

Sulphites may be present in this product in trace amounts.

This medicine does not contain gluten or lactose.

If you want to know more

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

Who supplies this medicine

KINSON is supplied in New Zealand by:

Mylan New Zealand Ltd,
PO Box 11183,
Ellerslie,
Auckland
NEW ZEALAND

Telephone: 0800 579 811

Date of information

11 May 2020
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