

METHYLDOPA VIATRIS

Methyldopa 250 mg, film coated tablet

What is in this leaflet

Please read this leaflet carefully before you start taking METHYLDOPA VIATRIS.

This leaflet answers some common questions about METHYLDOPA VIATRIS.

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 METHYLDOPA VIATRIS 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 METHYLDOPA VIATRIS is used for

Your METHYLDOPA VIATRIS tablets contain the active ingredient methyldopa.

METHYLDOPA VIATRIS is used to lower high blood pressure, also called hypertension. It works by widening blood vessels so that blood passes through them more easily. This helps to lower blood pressure.

There is no evidence that METHYLDOPA VIATRIS is addictive.

Ask your doctor 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 you take METHYLDOPA VIATRIS

When you must not take it

Do not take METHYLDOPA VIATRIS if you have an allergy to:

- any medicine containing methyldopa
- 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 METHYLDOPA VIATRIS if you:

- have liver disease such as hepatitis or cirrhosis
- take a monoamine oxidase inhibitor (MAOI), a medicine used to treat depression and Parkinson's disease
- are being treated for depression
- have phaeochromocytoma or paraganglioma (rare tumours of the adrenal gland)
- or any of your immediate family suffer from porphyria (a rare blood pigment disorder).

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 a blood disorder called haemolytic anaemia
- have liver problems
- have angina (chest pain)
- are undergoing dialysis (a procedure used to remove waste products from the blood of a person with kidney failure).

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

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 him/her before you start taking METHYLDOPA VIATRIS.

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 METHYLDOPA VIATRIS may interfere with each other. These include:

- other medicines used to treat high blood pressure
- monoamine oxidase inhibitors (MAOIs), medicines used to treat depression and Parkinson's disease, such as moclobemide, phenelzine and tranylcypromine
- lithium, a medicine used to treat mood swings and some types of depression
- iron supplements and multivitamins containing iron.

These medicines may be affected by METHYLDOPA VIATRIS 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 METHYLDOPA VIATRIS

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 bottle, ask your doctor or pharmacist for help.

How much to take

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

The usual starting dose for adults is 250 mg, taken two to three times a day. Your doctor may increase or decrease this dose, depending on how you respond to this medicine.

Elderly people over 65 years of age and people with kidney problems may need smaller doses.

For children, the starting dose is based on their weight. Your child's doctor may increase or decrease this dose, depending on their response to this medicine.

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.

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

How long to take it

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

This medicine helps to control your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

If you forget to take it

If you forget 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.

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

While you are taking METHYLDOPA VIATRIS

Things you must do

Have your blood pressure checked when your doctor says to make sure the medicine is working.

If you are about to be started on any new medicine, remind your doctor and pharmacist that you

are taking METHYLDOPA VIATRIS.

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. It may affect other medicines used during surgery.

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

If you are about to have any blood and urine 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.

Things you must not do

Do not take METHYLDOPA VIATRIS 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.

Things to be careful of

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

This medicine may cause dizziness, light-headedness 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.

Be careful when drinking alcohol while you are taking this medicine.

Combining alcohol with your medicine may make you more drowsy, dizzy or light headed.

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.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 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 METHYLDOPA VIATRIS. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

If you take too many tablets, you will probably feel light-headed and dizzy or you may faint. You may also feel very drowsy, weak, may have a slow heart rate, be constipated, have abdominal bloating, diarrhoea, nausea or vomiting.

Side effects

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

This medicine helps most people with hypertension, 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 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:

- dizziness
- lightheadedness
- drowsiness
- headache
- weakness.

The above list includes the more common side effects of your medicine. These side effects may occur at the beginning of treatment or when the dose is increased.

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

- fever shortly after taking METHYLDOPA VIATRIS, for example within the first 3 months
- yellowing of the eyes or skin (jaundice)
- darker urine than normal
- pale stools
- swelling of the feet or ankles
- nightmares, feeling strange or depressed
- signs of infection such as fever, chills, sore throat or mouth ulcers
- bleeding or bruising more easily than normal
- tiredness, looking pale together with being short of breath when exercising and tingling or numbness of the hands or feet
- itchy skin rash or other skin problems
- slow heart beat or pulse
- worsening of angina (chest pain)
- nausea, vomiting, constipation, flatulence, diarrhoea, colitis
- abnormal or involuntary movements of the body.

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

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

After taking METHYLDOPA VIATRIS

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 30°C.

Do not store METHYLDOPA VIATRIS 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

METHYLDOPA VIATRIS 250 mg tablets are round, yellow, film-coated tablets that are marked with "MD" over "250" on one side and "G" on the other.

Ingredients

Active ingredient(s):

METHYLDOPA VIATRIS contains 250 mg of methyldopa as the active ingredient.

Inactive ingredient(s):
METHYLDOPA VIATRIS also contains:

- citric acid
- disodium edetate
- ethylcellulose
- guar gum
- sodium starch glycollate
- colloidal silicon dioxide
- magnesium stearate
- ethanol absolute
- opadry yellow (contains sunset yellow FCF, D & C yellow, hypromellose, titanium dioxide and polyethylene glycol).

Contains sulfites and galactose.

If you want to know more

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

Who supplies this medicine

Methyldopa Viatris is supplied in New Zealand by:

Viatris Ltd,
PO Box 11-183,
Ellerslie,
AUCKLAND
www.viatris.co.nz
Telephone 0800 168 169

Date of Preparation

28 November 2022
(Based on datasheet dated
28 November 2022)