

MESTINON®

Pyridostigmine Bromide 60mg Tablets

What is in this leaflet

Please read this leaflet carefully before you start using MESTINON.

This leaflet answers some common questions about MESTINON. 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 MESTINON 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.

You may need to read it again.

What MESTINON is used for

MESTINON is used to treat:

- myasthenia gravis, a long term condition that causes the muscles to weaken and tire easily especially after repeated use.
- paralytic ileus, a condition where your intestine stops contracting and moving its contents along; and
- postoperative urinary retention, a condition when you are unable to urinate after having surgery.

MESTINON belongs to a group of medicines called cholinergic antimuscarinics. It works by preventing the breakdown of a

natural chemical substance in your body called acetylcholine. This chemical is needed to stimulate muscle movement.

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.

MESTINON is only available with a doctor's prescription.

This medicine is not addictive.

Before you take MESTINON

When you must not take it

Do not take MESTINON if you have an allergy to:

- any medicine containing pyridostigmine bromide or any other bromides.
- any of the ingredients listed at the end of this leaflet.

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 MESTINON if you have a blockage in your intestine or urinary tract.

This medicine may make the condition worse.

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 or have had any of the following medical conditions:

- problems with your lungs such as asthma or bronchitis
- epilepsy
- Parkinson's disease
- heart problems
- low blood pressure
- kidney problems

Tell your doctor if you are pregnant or planning to fall pregnant.

The safety of MESTINON during pregnancy has not been established.

Tell your doctor if you are breast-feeding.

Very small amounts of MESTINON are secreted in breast milk.

Your doctor can advise you of the risks and benefits of taking MESTINON while you are pregnant or breast feeding.

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

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 MESTINON may interfere with each other. These include:

- muscle relaxants used in general anaesthesia such as suxamethonium, pancuronium and vecuronium.
- atropine and hyoscine contained in medicines for travel sickness and stomach cramps, or used in surgery or as an antidote to insecticide poisoning.

These medicines may be affected by MESTINON or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Ask your doctor or pharmacist if you are not sure if you are taking any of these medicines.

How to take MESTINON

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

The dose of MESTINON is different for different patients. The number of tablets you take also depends on your medical condition.

The following doses include only the average doses of these medicines. If your dose is different, do not change it unless your doctor tells you to do so.

Myasthenia Gravis:

Follow your doctor's instructions on how often to take a dose during the day.

Adults: Usually ½ - 2 tablets per dose as prescribed by your doctor.

In some adults a higher dose may be required.

Newborn Infants: Your doctor will provide instructions on how much and how to give MESTINON to your baby.

Children:

Under 6 years: Starting dose of ½ tablet.

6-12 years: 1 tablet per dose.

The doses will be gradually increased as directed by your doctor.

Paralytic ileus and postoperative urinary retention:

Adult dose: 1-4 tablets

Children dose: ¼- 1 tablet

Your doctor will advise you how often you should take a dose.

If you have difficulty in eating, your doctor will adjust your dosage so that you may need to take larger doses at times of greatest tiredness, e.g. 30-45 minutes before meals.

Do not take more than the dose recommended by your doctor in an attempt to relieve all symptoms.

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

They may differ from the information contained in this leaflet.

How to take it

Take the tablets by mouth as directed by your doctor.

While you are using MESTINON

Things you must do

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

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 tests, tell your doctor that you are taking this medicine.

It may interfere with the results of some tests.

Things you must not do

Do not take MESTINON 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.

In case of overdose

Immediately telephone your doctor or the National Poisons Centre (telephone: 0800 POISON or 0800 764 766) for advice, or go to the Emergency Department at the nearest hospital, if you think that you or anyone else may have taken too much MESTINON.

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

If you take too much, you are more likely to experience side effects

listed under Side Effects section below.

Side effects

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

This medicine 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:

- nausea and vomiting
- diarrhoea
- stomach cramps
- increased saliva production.

These are the more common side effects of your medicine.

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

- Increased muscle weakness
- Muscle cramps
- Excessive sweating
- Very small pupils
- Slowed heart rate
- Feeling faint.

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

Other adverse effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

After using MESTINON

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. Protect from light and moisture.

Do not store MESTINON 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

MESTINON tablets are practically white, round, flat-faced tablets with beveled edges. Engraved "Mestinon 60" on outer perimeter and quadrisect scored on the other side.

Ingredients

MESTINON tablet contains 60 mg of pyridostigmine bromide as the active ingredient.

It also contains:

- colloidal silicon dioxide
- lactose
- stearic acid

Sponsor Details

MESTINON is supplied in New Zealand by:

iNova Pharmaceuticals (NZ) Limited
c/- Simpson Grierson
88 Shortland Street
Auckland 1141

Customer Enquiries:
Toll-free number: 0508 375 394

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