

PATIENT INFORMATION LEAFLET
Metoclopramide 10mg Tablets

Read all of this leaflet carefully before you start taking this medicine.

Keep this leaflet. You may need to read it again. If you have any further questions, ask your doctor or pharmacist. This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours. If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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1. WHAT METOCLOPRAMIDE TABLETS ARE AND WHAT THEY ARE USED FOR

Metoclopramide Tablets works on the muscles in the upper part of your digestive system. This helps your digestive system to work properly. It can also stop you from feeling sick (nausea) or from being sick (vomiting).

Patients over 20 years:

Metoclopramide Tablets may be used in patients over 20 years to treat nausea and vomiting. It is also used to increase emptying of the stomach.

Patients below 20 years:

Metoclopramide Tablets may be used:

- to treat severe vomiting which is due to a known cause (disorders of the stomach or intestine)
- to treat severe vomiting due to deep x-ray or cobalt treatment (radiotherapy) or due to cytotoxic drugs (which are used to treat various conditions including psoriasis, some types of cancer and arthritis)
- to help with the passing of a tube into the stomach or intestine
- with other medicines before surgical procedures.

2. BEFORE YOU TAKE METOCLOPRAMIDE TABLETS

DO NOT take Metoclopramide Tablets if:

- You know that you are allergic to Metoclopramide hydrochloride or any of the other ingredients of Metoclopramide Tablets (see section 6 of this leaflet)
- You suffer from high blood pressure due to a tumour near the kidney (a condition known as pheochromocytoma)
- You are suffering from a blockage, perforation (tear) or bleeding in your stomach or intestine
- You have had a stomach or bowel operation in the last four days.

Take special care with Metoclopramide Tablets and tell your doctor if you:

- are suffering from liver problems, kidney problems
- are suffering from porphyria
- suffer from fits (epilepsy)
- have increased tendency to suffer from allergies
- suffer from asthma.

Even though some of the above may appear obvious, it is important that your doctor is aware if any of them apply to you.

If after taking this medicine for some time you continue to be sick, please speak to your doctor as he will want to find out what is causing your sickness.

Taking other medicines:

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. The effects of these medicines may change, especially if you are taking:

- aspirin or paracetamol
- strong pain killers (e.g. codeine or opioids)
- anti-cholinergic medicines used to reduce saliva and lung secretions (e.g. atropine, procyclidine)
- antidepressants (e.g. other phenothiazines)
- phenothiazines used treat mental illness
- medicines for Parkinson's disease (e.g. levodopa, bromocriptine or pergolide)
- medicines for a movement disorder (tetraabenazine)
- atovaquone (to treat pneumonia)
- medicines to treat depression including medicines known as serotonergic drugs (SSRIs e.g. citalopram, sertraline)
- neuroleptic medicines (for mental illness or nausea and vomiting)
- medicines used during organ transplantation to avoid the organ rejection (e.g. cyclosporine)
- medicines used for short-term muscle relaxation in anaesthesia (e.g. Suxamethonium, Mivacurium).

Pregnancy and breast feeding:

Do not take Metoclopramide Tablets if you are pregnant, think you may be pregnant or are planning to become pregnant, unless your doctor decides that treatment is essential. It is particularly important not to take Metoclopramide Tablets during the first three months of pregnancy or while breast feeding.

Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines:

Metoclopramide may make you feel drowsy, dizzy or confused and can cause movement disorders. If metoclopramide affects you in this way, do not drive or operate machinery.

Important information about some of the ingredients of Metoclopramide Tablets:

This medicine also contains lactose. If you have been told by your doctor that you are intolerant to some sugars, contact your doctor before taking this medicine.

3. HOW TO TAKE METOCLOPRAMIDE TABLETS

Always take Metoclopramide Tablets exactly as your doctor has told you. The pharmacist's label on your pack will tell you how much and how often you should take your tablets. Please read the label carefully. You should check with your doctor or pharmacist if you are not sure. Do not take more than your doctor has recommended. Swallow each tablet whole with a glass of water.

Usual doses:

Adults aged 20 years and over (including the elderly):

One tablet (10 mg) three times a day. Your doctor may lower this dose if you have a kidney problem.

Young adults aged 15-19 years:

Dose depends on body weight. Body weight of 60 kg and over should take 1 tablet three times a day. Body weight of 30-59kg should take ½ tablet (5 mg) three times a day.

During treatment your doctor should regularly check you for physical side effects, changes in your blood counts or liver function, and any heart problem, especially if you are also taking other medicines.

If you take more Metoclopramide Tablets than you should:

If you think that you, or any other person, have taken too many tablets, contact your doctor or hospital casualty department immediately. Take this leaflet with you and any remaining tablets so that the medical staff know exactly what you have taken.

If you forget to take your Metoclopramide Tablets:

If you miss a dose, wait until your next dose. Do not take the dose you have missed. You can then carry on as before. Do not take more than one dose at a time.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Metoclopramide Tablets can sometimes cause side effects, although not everybody gets them.

All medicines can cause allergic reactions although serious allergic reactions are very rare. Any sudden wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash, tightness of throat, dizziness, very fast heart beat, loss of consciousness or itching (especially affecting your whole body) should be reported to a doctor immediately.

Very rarely patients may develop Neuroleptic Malignant Syndrome. This causes a high temperature, rigid muscles, drowsiness, occasional loss of consciousness, paleness, rapid heart rate, changes in blood pressure, sweating and inability to control passage of urine and requires emergency admission to hospital for treatment.

Tell your doctor straight away if after taking the tablets you notice any of the following:

- A sudden rise in blood pressure in patients with a tumour of the adrenal gland (phaeochromocytoma)
- Occasionally, loss of muscle control, especially in young adults and children. If this happens, symptoms can include slurred speech, odd movements of the face, particularly of the tongue, eyes, head or neck (such as twisting of the neck which causes an unnatural positioning of the head, rigid muscles, tremors or restlessness and difficulty in sitting still)
- Blood disorder – extremely rarely your medicine may affect the blood causing breathing problems, headache and tiredness. The lips, nail beds and ears may look blue. If this happens stop taking the tablets and tell your doctor straight away.

Other side effects include:

- Drowsiness, dizziness, faintness or confusion
- Diarrhoea
- Swelling of the tongue
- Patients have complained of feeling slowed down whilst others of being agitated
- Unpleasant feeling that is associated with uneasiness, fear, worry, nervousness and depression
- Skin rashes, itching, oedema (accumulation of fluid)
- Breast enlargement in men or inappropriate milk production or altered menstrual cycle (e.g. periods stop) in girls and women
- Tremor
- Disturbance of vision

If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. HOW TO STORE METOCLOPRAMIDE TABLETS

Keep out of the reach and sight of children.

Do not use Metoclopramide Tablets after the expiry date which is stated on the box. If your tablets are out of date, take them to your pharmacist who will get rid of them safely.

Do not store above 25°C. Store in the original package.

6. FURTHER INFORMATION

Each Metoclopramide Tablet contains 10mg of the active substance Metoclopramide hydrochloride.

Metoclopramide Tablets also contains lactose, maize starch, povidone, colloidal silicon dioxide, industrial methylated spirits and magnesium stearate.

What Metoclopramide Tablets look like and contents of the pack:

Metoclopramide Tablets are small, round, white uncoated tablets marked with side one embossed “a” and “M /10” on either side of the breakline.

They are packed in plastic securitainers with child-proof lids of 21, 28, 56, 84, 100, 112 and 500 tablets. Also available in blister packs of 28 tablets.

Marketing Authorisation Holder:

The Co-operative Pharmacy National Distribution Centre Limited, Enterprise Way, Meir Park, Stoke on Trent, ST3 7UN, UK

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