

AKINETON

biperiden hydrochloride 2 mg tablet

Consumer Medicine Information

Consumer Name
Consumer Address

Date of Dispensing

Pharmacist Name
Pharmacist Address

What is in this leaflet

This leaflet answers some common questions about AKINETON.

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 AKINETON 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 AKINETON is used for

AKINETON is used to treat symptoms of parkinsonism.

The symptoms of parkinsonism include slow and unsteady movement, muscle stiffness and shaking (tremors). If untreated parkinsonism can cause difficulty in performing normal daily activities.

Symptoms of parkinsonism can be caused by certain diseases of the brain affecting movement, such as Parkinson's disease. They can also be caused by some medicines that are used to treat certain mental conditions.

It is believed the symptoms of parkinsonism are caused by a lack of dopamine, a naturally occurring chemical produced by certain brain cells. When not enough dopamine is present, acetylcholine which is another naturally occurring chemical produced by brain cells, can interfere with the regions of the brain that control muscle movement.

AKINETON blocks the effects of acetylcholine. In many patients, this reduces the symptoms of shaking and muscle stiffness.

AKINETON is also used to treat cramps that occur during the night.

AKINETON belongs to a group of medicines called anticholinergics. It is available as tablets.

Your doctor may have prescribed AKINETON for another reason. Ask your doctor if you have any questions about why AKINETON has been prescribed for you.

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

Before you take AKINETON

When you must not take it

Do not take AKINETON if you have an allergy to AKINETON or any of the ingredients listed at the end of this leaflet.

Symptoms of an allergic reaction may include a skin rash.

Do not take AKINETON if you have narrow angle glaucoma.

Glaucoma is a condition in which the pressure of fluid in the eye may be high.

Do not take AKINETON if you have a narrowing of the stomach, large bowel or small bowel.

Do not take AKINETON after the expiry date (EXP) printed on the pack.

Do not take AKINETON if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking AKINETON, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to:

- any other medicines
- any other substances, such as foods, preservatives or dyes

Tell your doctor if you are pregnant or intend to become pregnant.

Like most medicines, AKINETON is not recommended for use during pregnancy, unless you and your doctor have discussed the risks and benefits involved.

Tell your doctor if you are breast-feeding or plan to breast-feed.

Like most medicines, AKINETON is not recommended while you are breast-feeding.

Tell your doctor if you have or have had any medical conditions, especially the following:

- ◆ heart problems, such as fast heart beat
- ◆ difficulty passing urine
- ◆ enlarged prostate or any other prostate problems
- ◆ convulsions, fits or seizures
- ◆ glaucoma
- ◆ uncontrolled movements of hands, mouth or tongue
- ◆ if you consume large quantities of alcohol

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

Taking other medicines

Tell your doctor 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 AKINETON may interfere with each other.

These include:

- Some medicines used to treat mental illness or psychotic disorders.
- A group of medicines called tricyclic antidepressants used to treat depression.
- Other anticholinergic medicines, such as benzhexol, bengtropine, procyclidine, orphenadrine.
- Other medicines such as levodopa, for the treatment of the symptoms of parkinsonism.
- Pethidine, a medicine used to relieve pain and produce sleepiness.
- Antihistamines, medicines used to prevent or relieve the symptoms of allergy (such as hay fever).
- Medicines used to relieve muscle spasms.
- Metoclopramide, a medicine used to treat nausea and vomiting.
- Quinidine, a medicine used to treat heart conditions.

These medicines may be affected by AKINETON, or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your doctor and pharmacist may have more information on medicines

to be careful with or avoid while taking AKINETON.

How to take AKINETON

How much to take

Take AKINETON only when prescribed by your doctor.

Your doctor will tell you how many tablets you will need to take each day. This depends on your symptoms, age, weight and whether you are taking any other medicines. The dose varies considerably from patient to patient.

To treat parkinsonism symptoms, the usual adult dose is ½ to 2 tablets taken 3-4 times a day.

For night cramps the usual dose is 2 tablets.

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

These directions 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 to take it

Swallow AKINETON with a glass of water.

When to take it

Take AKINETON with food at about the same time each day unless your doctor tells you otherwise.

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

For night cramps take AKINETON with the evening meal. Alternatively one tablet can be taken with the evening meal and one tablet on going to bed.

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 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.

How long to take it

AKINETON helps control your symptoms of parkinsonism, and cramps that occur at night but does not cure them. Continue taking the tablets for as long as your doctor tells you.

If you take too much (overdose)

Immediately telephone your doctor or pharmacist or the Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much AKINETON. Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

Your doctor or pharmacist has information on how to recognise and treat an overdose. Ask your doctor or pharmacist if you have any concerns.

While you are using AKINETON

Things you must do

Try to avoid becoming overheated during exercise or hot weather while you are using this medicine.

AKINETON may make you sweat less, causing your body temperature to increase. If you overheat during exercise or hot weather you may get heat stroke.

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

Tell any other doctors, dentists and pharmacists who are treating you that you are taking AKINETON.

If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking AKINETON.

Things you must not do

Do not drink any alcohol whilst you are taking AKINETON.

Do not give AKINETON to anyone else, even if they have the same condition as you.

Do not take AKINETON to treat any other complaints unless your doctor tells you to.

Do not stop taking AKINETON, or lower the dosage, without checking with your doctor.

Things to be careful of

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

AKINETON may cause some people to have blurred vision or to become less alert than normal.

Make sure you know how you react to AKINETON before you drive a car, operate machinery, or do anything else that could be dangerous if you have blurred vision or are less alert than normal. **If this occurs do not drive.**

Side effects

Tell your doctor as soon as possible if you do not feel well while you are taking AKINETON. AKINETON helps most people with symptoms of parkinsonism or night

cramps 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 treatment if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor if you notice any of the following and they worry you:

- *dry mouth, or difficulty swallowing or speaking due to dry mouth*
- *dilated pupils and uncomfortable sensitivity to light*
- *less sweat or perspiration*
- *dizziness or light headedness*
- *drowsiness or tiredness*
- *occasional loss of memory*
- *feeling sick, also called nausea or vomiting*
- *difficulty urinating*

These side effects are usually mild.

Tell your doctor immediately if you notice any of the following:

- *fast or slow heart beat*
- *severe stomach pain or constipation*
- *severe dizziness or a spinning sensation*
- *uncontrollable twitching, jerking or writhing movements*
- *clumsiness and lack of coordination, affecting balance and manner of walking, limb or eye movements and/or speech*
- *speech problems*
- *restlessness and confusion*
- *seeing things that are not there, also called hallucinations*
- *convulsions, fits or seizures*

These may be serious side effects. You may need urgent medical attention. Serious side effects are rare.

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

- *heat stroke, raised body temperature*

- *an allergic reaction such as a skin rash*
- *it becomes impossible for you to empty your bladder*

These are serious side effects. You may need urgent medical attention or hospitalisation. These side effects are rare.

Other side effects not listed above may occur in some patients. Tell your doctor if you notice anything that is making you feel unwell.

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

After using AKINETON

Storage

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

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

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

Do not store AKINETON or any other medicine in the bathroom or near a sink.

Do not leave it in the car on hot days or on window sills.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least 1½ metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking AKINETON or the tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.

Product description

What it looks like

AKINETON is a white round quarter scored tablet marked with the Knoll logo.

A pack contains 100 tablets.

Ingredients

Active Ingredient:

biperiden hydrochloride

Other Ingredients:

maize starch
potato starch
calcium hydrogen phosphate
microcrystalline cellulose
povidone
lactose
talc
magnesium stearate

AKINETON does not contain gluten, sucrose, tartrazine or any other azo dyes

Sponsor

AKINETON is supplied in Australia by:

Link Medical Products Pty Ltd
18/6A Prosperity Parade
Warriewood NSW 2102

The Australian Registration Number:
AUST R 12792

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23 June 2008

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