PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S5

NURAMED 25 mg hard capsules

NURAMED 75 mg hard capsules

NURAMED 150 mg hard capsules

Pregabalin.

Sugar free.

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- **NURAMED** has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

What is in this leaflet

1. What **NURAMED** is and what it is used for
2. What you need to know before you take **NURAMED**
3. How to take **NURAMED**
4. Possible side effects
5. How to store **NURAMED**
6. Contents of the pack and other information

1. What NURAMED is and what it is used for

NURAMED is used to treat peripheral neuropathic pain (long lasting pain caused by damage to the nerves), due to diabetes or shingles in adults.

2. What you need to know before you take NURAMED

Do not take NURAMED

If you are allergic (hypersensitive) to pregabalin or any of the other ingredients of NURAMED (listed in section 6).

Warnings and precautions

Take special care with NURAMED:

- If you have diabetes and gain weight while you are taking **NURAMED**, your doctor may need to make a change in your diabetic medicines.
- If you experience an allergic reaction while you are taking **NURAMED**, you must contact your doctor immediately. The symptoms of an allergic reaction include swelling of the face, lips, tongue, and throat, as well as a skin rash.
- If you take **NURAMED** you may experience dizziness, sleepiness, loss of consciousness, confusion, and mental impairment. This could increase the possibility of an accidental injury (fall) if you are an elderly patient. Therefore, you should be careful until you are used to any effect caused by **NURAMED**.
- If you take **NURAMED** you may experience blurring or loss of vision, or other changes in eyesight, many of which are temporary. You should immediately tell your doctor if you experience any changes in your vision.
- If you notice a decrease in urine while taking **NURAMED**, you should tell your doctor. It may improve if you stop taking **NURAMED.**
- If you are taking **NURAMED**, or shortly after stopping it, you may experience convulsions (including epilepsy). If this happens, contact your doctor immediately. You may also experience withdrawal symptoms after short-term or long-term treatment with **NURAMED**, which include difficulty in sleeping, headache, nausea, anxiety, diarrhoea, flu syndrome, nervousness, depression, pain, hyperhidrosis and dizziness.
- If you have a history of heart disease, you should tell your doctor. Heart failure has been reported in some patients when they were taking **NURAMED**.

- If you are taking medicines for spinal cord injury, you may experience an increase in certain side effects such as sleepiness, when you are also taking **NURAMED**.
- Some people have had thoughts to harm or kill themselves while taking medicines belonging to the same group as **NURAMED** for the treatment of different conditions. If you have thoughts of harming or killing yourself, at any time when you are taking **NURAMED**, immediately contact your doctor.
- When **NURAMED** is taken with other medicines that may cause constipation (such as some types of pain medicines), it is possible that gastrointestinal problems may occur (e.g. constipation, blocked or paralysed bowel). Tell your doctor if you experience constipation, especially if you are prone to this problem.
- If you have a history of alcoholism or substance abuse or dependence, you should tell your doctor. If you think you need more **NURAMED** than prescribed to this problem.
- If you have a history of any serious medical conditions, you should tell your doctor. There have been reports of reduction in brain function (encephalopathy) in some patients when they were taking **NURAMED**.

If you are not sure whether any of the above applies to you, ask your pharmacist of your doctor.

Other medicines and NURAMED

Always tell your health care provider if you are taking any other medicine. (This includes complementary or traditional medicines.)

NURAMED and certain other medicines may influence each other (interaction). When taken with certain other medicines, **NURAMED** may potentiate the side effects seen with these medicines including respiratory failure and coma. The degree of dizziness, sleepiness and decreased concentration may be increased if **NURAMED** is taken together with medicines containing:

- Oxycodone (for treatment of pain)
- Lorazepam (for treatment of anxiety)
- Alcohol

NURAMED may be taken with oral contraceptives.

NURAMED with food, drink and alcohol

NURAMED may be taken with or without food.

It is advised not to drink alcohol while taking **NURAMED**.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor, pharmacist or other health care provider for advice before taking **NURAMED**.

NURAMED should not be taken during pregnancy or when breastfeeding. Effective contraception must be used by women of child-bearing potential.

Driving and using machines

NURAMED may cause dizziness, sleepiness and decreased concentration. Head and body injuries and road traffic incidents have also been reported with **NURAMED**. You should not drive, operate machinery or engage in other potentially hazardous activities until you know whether **NURAMED** affects your ability to perform these activities.

3. How to take NURAMED

Do not share medicines prescribed for you with any other person.

Always take **NURAMED** exactly as your doctor has told you. Check with your doctor if you are not sure.

Your doctor will determine what dose is appropriate for you.

The usual dose is: 75 mg twice daily (150 mg/day), with or without food.

Based on individual patient response and tolerability, the dose may be increased to 150 mg twice daily after an interval of 3 to 7 days.

NURAMED is a long-term treatment and you may need to take it for some time**.** Your doctor will

tell you how long your treatment with **NURAMED** will last.

NURAMED is for oral use only. **NURAMED** is taken orally with or without food. Swallow the capsule whole with water.

If you have the impression that the effect of NURAMED is too strong or too weak, tell your doctor or pharmacist.

Children and adolescents:

The safety and efficacy in children and adolescents (under 18 years of age) has not been established and therefore **NURAMED** should not be given to patients in this age group.

Kidney disorders:

Your doctor may prescribe a different dosing schedule and/or dose.

Elderly patients:

If you are an elderly patient (over 65 years of age), you should take **NURAMED** normally except if you have problems with your kidneys. Discuss with your doctor.

If you take more NURAMED than you should

In the event of an overdosage, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre.

You may feel sleepy, confused, agitated, or restless as a result of taking more NURAMED than you should. Fits have also been reported.

If you forget to take NURAMED

It is important to take your **NURAMED** capsules regularly at the same time each day.

If you forgot to take NURAMED, take it as soon as you remember, unless it is time for your next

dose. In that case, just carry on with the next dose as normal.

Do not take a double dose to make up for forgotten individual doses.

Effects when treatment with NURAMED is stopped:

Do not stop taking NURAMED unless your doctor tells you to. If your treatment is stopped it should be done gradually over a minimum of one week.

4. Possible side effects

NURAMED can have side effects.

Not all side effects reported for **NURAMED** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **NURAMED**, please consult your healthcare professional for advice.

If any of the following happens, stop taking **NURAMED** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat which may cause difficulty in swallowing or breathing,
- rash or itching.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **NURAMED**. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- heart disorders including heart failure, heart rhythm disturbances, such as increased heart rate, irregular heartbeat,
- an extremely severe skin reaction with rash, ulcers or blisters on the skin (Stevens-Johnson syndrome),
- inflammation of the eyes (keratitis),

- urinary incontinence, difficulty in passing urine, kidney failure, passing small amounts of urine, urinary retention,
- inflammation of the liver (hepatitis),
- yellowing of the skin and eyes (jaundice).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following

Frequent

- inflammation of nasal passages (common cold),
- increased appetite,
- feeling of elation, confusion, irritability, disorientation, sleeplessness, and changes in sexual interest,
- dizziness, sleepiness, headache,
- clumsiness, tremor, difficulty with speaking, forgetfulness, loss of memory, disturbance in attention, numbness or 'pins and needles', abnormally decreased sensitivity to stimulation,
- sedation, abnormal style of walking (balance disorder), lack of energy,
- blurred vision, double vision,
- sensation of movement,
- vomiting, nausea, constipation, diarrhoea, feeling bloated, abdominal distension, dry mouth,
- muscle cramp, pain in a joint, back pain, pain in a limb, cervical spasm,
- difficulties with erection,
- swelling of feet and lower legs caused by fluid retention, abnormal manner of walking, falling, feeling drunk, abnormal feeling, tiredness,
- weight gain.

Less frequent

- reduced numbers of white blood cells which may make you more likely to get infections (neutropaenia),

- loss of appetite, low blood sugar,
- seeing or hearing things that are not there, panic attacks, restlessness, exceeding restlessness, depression, depressed mood, elevated mood, aggression, mood swings, change in perception of self (depersonalisation), difficulty speaking, abnormal dreams, lack of feeling or emotion, loss of inhibition,
- fainting, numbness, contraction of a muscle, loss of consciousness, jerky movements, difficulty of movement, dizziness on standing, tremor on movement, unusual eye movement, decreased consciousness, difficulty with thinking, speech disorder, reduced reflexes, increased sensitiveness of the skin, burning sensation, loss of taste, feeling of bodily discomfort, convulsions, perversion of the sense of smell, partial or complete loss of muscle movement, inability to write coherently, as a symptom of brain disease or damage,
- vision loss, peripheral vision loss, visual disturbance, eye swelling, visual field defect, reduced visual sharpness, eye pain, eye condition that manifests itself through nonspecific symptoms such as fatigue, pain in or around the eyes, the presence of flashes of light, dry eye, watery eyes, eye irritation,
- visual field disturbance, altered visual depth perception, abnormal dilation of the pupil, squinting of eye(s), visual brightness,
- increased sensitivity to sound,
- low blood pressure, high blood pressure, hot flushes, redness of the neck and face, feeling cold,
- shortness of breath, nosebleed, cough, blocked nose, runny nose, snoring, nasal dryness, fluid in the lungs, tightness of the throat,
- heartburn, increased saliva production, numbness around the mouth, abdominal swelling, inflammation of the pancreas, swollen tongue, difficulty in swallowing,
- hives, excessive sweating, itching of the skin, cold sweat,
- joint swelling, pain in a muscle or muscles, muscle twitching, neck pain, muscle stiffness, breakdown of muscle tissue,
- problems with sexual functioning including inability to achieve a sexual climax, increased

libido, difficulties with erection, delayed ejaculation, painful menstrual periods, breast pain, absence of menstrual period, breast discharge, breast enlargement, breast enlargement in men,

- generalised swelling caused by fluid retention, swelling of the face, chest tightness, pain, fever, thirst, chills, weakness,
- changes in blood and liver test results (increased blood creatinine phosphokinase, increased alanine amino transferase, increased blood glucose, increased aspartate aminotransferase, decreased platelet count, increased blood creatinine, decreased blood potassium, decreased white blood cell count).

Unknown frequency

- thoughts of harming or killing oneself.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse.

You can also report side effects to SAHPRA via the “6.04 Adverse Drug Reactions Reporting Form”, found online under SAHPRA’s publications:

http://www.sahpra.org.za/Publications/Index/8.

By reporting side effects, you can help provide more information on the safety of **NURAMED**.

5. How to store NURAMED

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Keep the blister strips in the outer carton until required for use.
- Do not use after the expiry date printed on the label or carton.

- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What NURAMED contains

NURAMED 25: Each hard capsule contains 25 mg pregabalin.

NURAMED 75: Each hard capsule contains 75 mg pregabalin.

NURAMED 150: Each hard capsule contains 150 mg pregabalin.

The other ingredients are:

Capsule content

NURAMED 25, 75 &150

Pregelatinised starch

Talcum

Capsule shell

NURAMED 25

Gelatine

Sodium lauryl sulfate

Titanium dioxide (E171)

NURAMED 75

FD&C Red No. 3 (colourant) (E127)

FD&C Yellow No. 6 (colourant) (E110)

Gelatine

Sodium lauryl sulfate

Titanium dioxide (E171)

NURAMED 150

D&C Yellow No. 10 (colourant) (E104)

FD&C Yellow No. 6 (colourant) (E110)

Gelatine

Sodium lauryl sulfate

Titanium dioxide (E171)

Printing ink

NURAMED 25, 75 &150

Black iron oxide (E172)

Potassium hydroxide

Propylene glycol

Shellac.

What NURAMED looks like and contents of the pack

NURAMED 25: White to off-white powder, filled in size "4" capsule with white opaque cap printed with '865' in black ink and white opaque body.

NURAMED 75: White to off-white powder filled in size "4" capsule with peach opaque cap printed with '867' in black ink and white opaque body.

NURAMED 150: White to off-white powder filled in size "2" capsule with ivory opaque cap printed with '869' in black ink and white opaque body.

Contents of the pack:

NURAMED 25, 75 and **150** are packed in PVC/PVDC/aluminium blister strips in a carton, containing 10 capsules per blister strip.

Pack size: 60 capsules.

Holder of certificate of registration

Zydus Healthcare SA (Pty) Ltd

Southdowns Office Park

Building B, Ground Floor

22 Karee Street

Centurion, Pretoria

0157

Tel: 012 748 6400

This leaflet was last revised in

Not yet revised.

Registration numbers

NURAMED 25: 50/2.5/0258

NURAMED 75: 50/2.5/0259

NURAMED 150: 50/2.5/0260

Date of registration

27 September 2022