



MINISTRY OF HEALTH  
SINGAPORE



SINGHEALTH / PIL / E109R0

PATIENT INFORMATION LEAFLET

# LEVODOPA PREPARATIONS



## ABOUT your medicine

Levodopa preparations come in combination with benserazide or carbidopa. This medicine is used in the treatment of Parkinson's disease. They serve to improve muscle control and to allow more normal movements of the body.

## HOW should I take the medicine?

Based on the severity of your condition, your doctor will determine the amount of medicine you should take. Take this medicine in the dose prescribed by your doctor.

Levodopa preparations are started at a low dose and gradually increased to achieve satisfactory results. It is important to follow regular dosing times and intervals in order to maintain the effects of the medicine. Levodopa preparations are best taken on an empty stomach. However, it may be taken with food if stomach irritation occurs.

### Special instructions:

Dispersible tablets have to be dispersed in water and taken within half an hour of dissolving the tablet. Stir before drinking.

Controlled-release tablets should be swallowed whole without chewing or crushing.

Some patients have to take the medicine for several weeks or months before full benefits are achieved. Do not stop taking it even if you feel that it is not working.

Take note of the name and strength of the preparation that you are currently taking to avoid confusion as dosages may change according to your needs.

## What should I do if I FORGET a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

*Keep all medication out of reach of children  
Discard all medication that has expired or is no longer required*

## What are the possible SIDE-EFFECTS of the medicine?

Some common side-effects include:

**Gastrointestinal:** Nausea, vomiting, loss of appetite, taste alteration, excessive watering of the mouth and difficulty in swallowing.

**Cardiovascular:** Low blood pressure (resulting in dizziness, light-headedness or fainting when getting up from a lying, sitting or squatting position) and irregular heartbeat.

**Central nervous system:** Agitation, anxiety, confusion, nightmares, hallucination, mood and mental changes.

**Neuromuscular and skeletal:** Increase hand tremors, clumsiness or unsteadiness, uncontrolled movements of the body (including face, tongue, arms, hands, head and upper body), unusual tiredness/weakness and numbness.

**Eye:** Blurred vision.

**Miscellaneous:** Darkening of sweat, urine and saliva and difficulty in urination.

## What PRECAUTIONS should I take?

Inform your doctor and pharmacist if you are already taking some other medicines, herbal preparations, nutritional products or vitamin supplements.

You must tell your doctor if you are allergic to any other medicines, or if you develop an allergy while taking this medicine. The symptoms of a drug allergy include one or more of the following: swollen face/eyes/lips, difficulty in breathing or widespread itchy skin rashes.

Be cautious when driving or operating machinery as these medicines may cause drowsiness and blurred vision. Get up slowly from a sitting or lying position if such movements cause dizziness, light-headedness or fainting.

Resume physical activities gradually even though there is an improvement in your symptoms. This is to allow adjustments to the changing balance and coordination.

Do not stop taking the medicine suddenly.

Inform your doctor if you are breast-feeding, pregnant or likely to become pregnant during the course of this treatment.

## How should I STORE the medicine?

Store the medicine in a dry place at room temperature, away from heat and direct light. Do not refrigerate your medicines unless instructed to do so.