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PATIENT INFORMATION LEAFLET

ADJUNCT MEDICINES IN PARKINSON'S DISEASE

ABOUT your medicine

Amantadine, Benzhexol, Entacapone and Selegiline are used alone or in combination with other medicines (e.g. Levodopa preparations) in the treatment of Parkinson's disease. These medicines serve to reduce the symptoms of Parkinson's disease by improving muscle control and reducing stiffness.

HOW should I take the medicine?

These medicines are usually taken with meals. For Amantadine and Selegiline, you may need to take the final dose of the day in the early afternoon or at least several hours before bedtime if you have trouble sleeping.

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.

What are the possible SIDE-EFFECTS of the medicine?

Discuss with your doctor if you experience any side-effects that do not go away or worsen with time.

Amantadine

- **Gastrointestinal:** nausea, diarrhoea or constipation, dry mouth, loss of appetite
- **Cardiovascular:** low blood pressure, swelling of hands, feet or lower legs
- **Central Nervous System:** dizziness, headache, trouble in sleeping, nightmares, mood and mental changes
- **Skin:** net-like rashes
- **Respiratory:** dry nose

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

Benzhexol

- **Gastrointestinal:** constipation, dry mouth and throat
- **Respiratory:** dry nose
- **Skin:** dry skin

Entacapone

- **Gastrointestinal:** nausea, diarrhoea or constipation, abdominal pain
- **Neuromuscular and Skeletal:** abnormal muscle movements
- **Central Nervous System:** dizziness, fatigue, hallucination
- **Urinary System:** darkening of urine

Selegiline

- **Gastrointestinal:** abdominal pain, dry mouth, nausea
- **Neuromuscular:** abnormal muscle movements
- **Central nervous system:** mood or other mental changes, dizziness, trouble in sleeping

What PRECAUTIONS should I take?

Dizziness, light-headedness or fainting may occur, especially when getting up from a sitting or lying down position. Getting up slowly may prevent this. Check with your doctor if this problem continues or worsens.

Some patients may experience drowsiness, dizziness or blurred vision. Do not drive or use machinery until you know how you react to the medicine.

Do not overdo physical activities even as your condition improves as injuries resulting from falls may occur. Gradually resume activities so that your body can adjust to changes in balance and coordination.

These medicines may cause dryness of the mouth. Patients may consider sucking sugarless candy or ice chips for temporary relief. Ensure adequate fluid intake.

Patients taking Benzhexol may sweat less than usual and experience overheating during exercise or hot weather. Avoid getting overheated.

Drug or food interactions:

Taking Amantadine, Benzhexol or Entacapone with alcohol or medicines that slow down the nervous system may increase potential for drowsiness, dizziness, confusion and light-headedness.

Patients taking high doses of Selegiline (more than 10 mg per day) should avoid intake of foods with high tyramine content. Tyramine is found commonly in foods that are aged or fermented (e.g. cheese, smoked or pickled meat, over-ripe fruits). Alcoholic or caffeine-containing food and beverages (coffee, tea, cola or chocolate) should be avoided too. Concurrent intake of Selegiline and these foods may increase blood pressure resulting in chest pain, headache, nausea and vomiting. Seek medical attention if you experience these symptoms.

Inform your doctor or pharmacist before starting any other medicine or if you are already taking some other medicines, e.g. herbal preparations, nutritional products or vitamin supplements, as drug interactions are possible.

Do not stop your medicines suddenly as this may cause unwanted effects.

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

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.