

APOHEALTH NAUSEA RELIEF

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using APOHEALTH Nausea Relief?

APOHEALTH Nausea Relief contains the active ingredient prochlorperazine. APOHEALTH Nausea Relief is used to treat nausea associated with migraine (severe headache). For more information, see Section [1. Why am I using APOHEALTH Nausea Relief?](#) in the full CMI.

2. What should I know before I use APOHEALTH Nausea Relief?

Do not use if you have ever had an allergic reaction to prochlorperazine or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding. For more information, see Section [2. What should I know before I use APOHEALTH Nausea Relief?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with APOHEALTH Nausea Relief and affect how it works. A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use APOHEALTH Nausea Relief?

- Your doctor or pharmacist will tell you how much APOHEALTH Nausea Relief you will need to take each day.
 - The usual recommended dose for nausea associated with migraine is 1 or 2 tablets two to three times a day.
- More instructions can be found in Section [4. How do I use APOHEALTH Nausea Relief?](#) in the full CMI.

5. What should I know while using APOHEALTH Nausea Relief?

Things you should do	<ul style="list-style-type: none">Remind any doctor, dentist or pharmacist you visit that you are using APOHEALTH Nausea Relief.Tell your doctor if you notice any uncontrolled movements of the tongue, face, mouth or jaw, such as puffing of the cheeks, puckering of the mouth or chewing movements.If outdoors, wear protective clothing and use at least a SPF 15+ sunscreen.
Things you should not do	<ul style="list-style-type: none">Do not give APOHEALTH Nausea Relief to children and adolescents under 18 years of age.
Driving or using machines	<ul style="list-style-type: none">Be careful before you drive or use any machines or tools until you know how APOHEALTH Nausea Relief affects you.It may cause dizziness, light-headedness, tiredness and drowsiness in some people.
Drinking alcohol	<ul style="list-style-type: none">Be careful when drinking alcohol while taking APOHEALTH Nausea Relief.If you drink alcohol, dizziness or lightheadedness may be worse.
Looking after your medicine	<ul style="list-style-type: none">Keep APOHEALTH Nausea Relief in a cool, dry place. Protect from light.Keep APOHEALTH Nausea Relief where young children cannot reach it.

For more information, see Section [5. What should I know while using APOHEALTH Nausea Relief?](#) in the full CMI.

6. Are there any side effects?

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking APOHEALTH Nausea Relief. Some common side effects include constipation, dry mouth, drowsiness, trembling, rigid posture, twitching and blurry vision.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI

APOHEALTH NAUSEA RELIEF

Active ingredient(s): *prochlorperazine maleate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using APOHEALTH Nausea Relief. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using APOHEALTH Nausea Relief.**

Where to find information in this leaflet:

- [1. Why am I using APOHEALTH Nausea Relief?](#)
- [2. What should I know before I use APOHEALTH Nausea Relief?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use APOHEALTH Nausea Relief?](#)
- [5. What should I know while using APOHEALTH Nausea Relief?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using APOHEALTH Nausea Relief?

APOHEALTH Nausea Relief contains the active ingredient **prochlorperazine**. APOHEALTH Nausea Relief belongs to a group of medicines called phenothiazines.

It helps to correct chemical imbalances in the brain, allowing function correctly.

These chemicals may also affect the parts of the brain which control nausea (feeling sick) and vomiting.

APOHEALTH Nausea Relief is used to treat nausea associated with migraine (severe headache).

There is no evidence that it is addictive.

2. What should I know before I use APOHEALTH Nausea Relief?

Warnings

Do not use APOHEALTH Nausea Relief if:

- you are taking other medicines that cause drowsiness
- you are allergic to prochlorperazine, the group of medicines called phenothiazines, or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine.
- You have any of the following medical conditions:
 - shock
 - disease of the blood with a low number of blood cells

- yellowing of the skin and/or eye, also called jaundice

APOHEALTH Nausea Relief must not be given to anyone who is unconscious or in a coma.

Check with your doctor if you:

- you have allergies to any other medicines or any other substances, such as foods, preservatives or dyes.
- have any other medical conditions, especially the following:
 - pheochromocytoma, a rare tumour of the adrenal glands which sit near the kidneys
 - Parkinson's disease, a disease of the brain affecting movement which causes trembling, rigid posture, slow movement and a shuffling, unbalanced walk
 - myasthenia gravis, a disease of the muscles causing drooping eyelids, double vision, difficulty in speaking and swallowing and sometimes muscle weakness in the arms or legs
 - kidney problems
 - heart and blood vessel problems, low blood pressure
 - blood clots
 - liver disease
 - prostate problems
 - bowel problems
 - epilepsy, seizures or fits
 - low blood calcium levels
 - decreased thyroid activity
 - glaucoma, a condition in which there is usually a build-up of fluid in the eye
 - neuroleptic malignant syndrome, a reaction to some medicines with a sudden increase in body temperature, extremely high blood pressure and severe convulsions
 - a reaction to some medicines with uncontrollable twitching or jerking movements of the arms and legs
 - dementia
 - diabetes
 - a low number of white blood cells
 - schizophrenia, a mental illness

If you have not told your doctor or pharmacist about any of the above, tell them before you start taking APOHEALTH Nausea Relief.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Use in children

Do not use in children and adolescents under 18 years of age.

Pregnancy and breastfeeding

Use of APOHEALTH Nausea Relief is not recommended during pregnancy.

Check with your doctor if you are a woman of childbearing age and not using effective contraception, or if you are pregnant, might become pregnant or think you may be pregnant. If there is a need to take APOHEALTH Nausea Relief during your pregnancy, your doctor will discuss with you the benefits and risks of using it.

Use of APOHEALTH Nausea Relief is not recommended during breastfeeding. If you are breastfeeding or planning to breastfeed, talk to your doctor about using APOHEALTH Nausea Relief.

It is recommended that you do not breastfeed while taking APOHEALTH Nausea Relief, as it is not known whether APOHEALTH Nausea Relief passes into breast milk.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with APOHEALTH Nausea Relief and affect how it works. These include:

- some medicines used to control depression or mood swings or mental illness such as lithium
- medicines metabolised by CYP2D6 enzymes such as amitriptyline
- alcohol
- desferrioxamine, a drug used in iron overdose
- medicines used for cancer such as procarbazine
- some medicines used to control epilepsy such as phenobarbital and carbamazepine
- antibiotics used to treat infections
- medicines used to treat Parkinson's disease such as levodopa
- medicines used for the treatment of diabetes
- anticholinergic medicines which are used to relieve stomach cramps, spasms and travel sickness
- atropine, a medicine which may be used in some eye drops or cough and cold preparations
- some oral medicines used to prevent your blood from clotting
- medicines used to treat high blood pressure or heart problems such as clonidine, guanethidine and propranolol
- medicines used to treat fluid build-up in your body
- medicines used to treat a fast or irregular heart beat e.g. amiodarone, quinidine, disopyramide.
- medicines that can slow your heart beat e.g. diltiazem, verapamil.
- medicines that can reduce potassium levels in the blood e.g. diuretics, laxatives.
- other medicines that can affect your heart rate e.g. methadone, pentamidine.

- antacids containing magnesium, aluminium and calcium salts, oxides and hydroxides
- adrenaline used for severe allergic reactions
- amfetamine

These medicines may be affected by APOHEALTH Nausea Relief 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.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect APOHEALTH Nausea Relief.

4. How do I use APOHEALTH Nausea Relief?

How much to use

Your doctor or pharmacist will tell you how much APOHEALTH Nausea Relief you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.

Adults 18 years of age and older:

- The usual recommended dose for nausea associated with migraine is 1 or 2 tablets two to three times day if necessary or as advised by your pharmacist. If symptoms persist, see your doctor.

Do not use in children and adolescents under 18 years of age.

When to use APOHEALTH Nausea Relief

- It does not matter if you take APOHEALTH Nausea Relief before or after food.

How to use APOHEALTH Nausea Relief:

- Swallow APOHEALTH Nausea Relief tablets whole with a full glass of water.
- Do not chew the tablets.

If you use too much APOHEALTH Nausea Relief

If you think that you have used too much APOHEALTH Nausea Relief, you may need urgent medical attention.

Do not try to vomit.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

Symptoms of overdose may include tiredness, coma, restlessness, shaking, muscle twitching, muscle weakness, spasm, confusion, excitement or agitation, low blood pressure, fast heart beat, decrease body temperature, small pupils in the eye, difficulty in swallowing or breathing or blue skin, difficulty speaking, or convulsions.

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

5. What should I know while using APOHEALTH Nausea Relief?

Things you should do

- If outdoors, wear protective clothing and use at least a SPF 15+ sunscreen. APOHEALTH Nausea Relief may cause your skin to be much more sensitive to sunlight than it is normally. Exposure to sunlight may cause a skin rash, itching, redness or severe sunburn.
- Make sure you keep cool in hot weather and keep warm in cool weather. APOHEALTH Nausea Relief may affect the way your body reacts to temperature changes.
- If APOHEALTH Nausea Relief makes you feel light-headed, dizzy or faint, get up slowly from a sitting or lying position.
- If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking APOHEALTH Nausea Relief.
- Tell any other doctors, dentists and pharmacists who are treating you that you are taking APOHEALTH Nausea Relief.
- If you are about to be started on any new medicines, tell your doctor, dentist or pharmacist that you are taking APOHEALTH Nausea Relief.

Call your doctor straight away if you:

- notice any uncontrolled movements of the tongue, face, mouth or jaw, such as puffing of the cheeks, puckering of the mouth or chewing movements. These are symptoms of a very rare condition called tardive dyskinesia, which may develop in people taking phenothiazine medicines, including APOHEALTH Nausea Relief. The condition is more likely to occur during long term treatment with APOHEALTH Nausea Relief, especially in elderly women. In very rare cases, this may be permanent.
- become pregnant while taking APOHEALTH Nausea Relief.

Things you should not do

- Do not give APOHEALTH Nausea Relief to anyone else, even if they have the same condition as you.
- Do not take APOHEALTH Nausea Relief to treat any other complaints unless your doctor or pharmacist tells you to.
- Do not stop taking APOHEALTH Nausea Relief, or lower the dosage, even if you are feeling better, without checking with your doctor.
- Do not stop taking APOHEALTH Nausea Relief suddenly. If you do, your condition may worsen or your chance of getting an unwanted side effect may increase. To prevent this, your doctor may gradually reduce the amount of APOHEALTH Nausea Relief you take each day before stopping completely.
- Do not take any medicines that cause drowsiness while you are taking APOHEALTH Nausea Relief.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how APOHEALTH Nausea Relief affects you.

APOHEALTH Nausea Relief may cause dizziness, light-headedness, tiredness and drowsiness in some people. If this occurs do not drive.

Drinking alcohol

Tell your doctor if you drink alcohol.

Be careful when drinking alcohol while taking APOHEALTH Nausea Relief. If you drink alcohol, dizziness, drowsiness or light-headedness may be worse.

Your doctor may suggest you avoid alcohol while you are being treated with APOHEALTH Nausea Relief.

Looking after your medicine

- Keep APOHEALTH Nausea Relief tablets in a cool dry place where the temperature stays below 25°C. Protect from light. Keep your APOHEALTH Nausea Relief in the pack until it is time to take them. If you take the tablets out of the pack, they may not keep well.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills. Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects.

If you do experience any side effects, do not stop taking APOHEALTH Nausea Relief without first talking to your doctor or pharmacist. Most side effects are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
Gastrointestinal or gut related: <ul style="list-style-type: none">• constipation• dry mouth	Speak to your doctor if you have any of these less serious side
Central nervous system related:	

<ul style="list-style-type: none"> drowsiness restlessness trembling, rigid posture, mask-like face, slow movements and a shuffling unbalanced walk uncontrollable twitching, jerking or writhing movements <p>Vision or eye related:</p> <ul style="list-style-type: none"> blurred vision <p>Cardiovascular or heart related:</p> <ul style="list-style-type: none"> low blood pressure <p>The following side effects are less common:</p> <ul style="list-style-type: none"> changes in heart beats swelling of the hands, ankles or feet skin rash for females: unusual secretion of breast milk, irregular or stopping of periods for males: breast enlargement, difficulty in ejaculating, getting or maintaining an erection, or persistent painful erection severe pain in the stomach with bloating, cramps and vomiting difficulty passing urine yellowing of the skin and/or eyes headache insomnia seizures agitation dizziness difficulty in breathing brownish deposits in the eyes stuffy nose 	<p>effects and they worry you.</p>
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Serious side effects	What to do
<ul style="list-style-type: none"> unusual muscle tone or spasms causing distortion of the body in children <p>General:</p> <ul style="list-style-type: none"> sudden increase in body temperature, extremely high blood pressure and severe convulsions. hypersensitivity, fever, rash, facial swelling, swollen lymph nodes (which could be symptoms relating to raised levels of infection fighting cells (relating to eosinophilia) <p>Nervous system related:</p> <ul style="list-style-type: none"> high fever, muscle cramps or stiffness, dizziness, severe headache, fast heartbeat, confusion, agitation, hallucinations, or are sweating a lot (symptoms relating to Neuroleptic malignant syndrome). <p>Liver related:</p> <ul style="list-style-type: none"> yellowing of the skin and/or eyes (jaundice) and urine becomes darker in color <p>Blood related:</p> <ul style="list-style-type: none"> bleeding and bruising (thrombocytopenic purpura) 	

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

Serious side effects

Serious side effects	What to do
<p>Allergic reaction related (that can occur either immediately or within several days of drug administration) that may be life-threatening):</p> <ul style="list-style-type: none"> shortness of breath, wheezing or difficulty in breathing or swallowing swelling of the face, lips, throat, tongue or other parts of the body cold, clammy skin, palpitations, dizziness, weakness or fainting rash, itching or hives on the skin <p>Musculoskeletal related:</p>	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>

What APOHEALTH Nausea Relief tablets contains

Active ingredient (main ingredient)	prochlorperazine maleate 5 mg
Other ingredients (inactive ingredients)	lactose monohydrate maize starch colloidal anhydrous silica magnesium stearate purified water

This medicine contains sugars as lactose.

Do not take this medicine if you are allergic to any of these ingredients.

What APOHEALTH Nausea Relief looks like

APOHEALTH Nausea Relief tablet is a white to off-white circular, uncoated tablets marked with "5" debossed on one side.

Each pack contains 10 tablets (AUST R 186540)

Who distributes APOHEALTH Nausea Relief

Arrotex Pharmaceuticals Pty Ltd
15-17 Chapel Street
Cremorne VIC 3121
Australia

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