

## 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 ARTANE?

ARTANE contains the active ingredient Trihexyphenidyl (benzhexol) hydrochloride. ARTANE is used along with other medicines to help treat Parkinson's disease. ARTANE is also used after illnesses, which have after-effects like Parkinson's disease. ARTANE can also be used to help prevent tremor or shaking, which have been caused by tranquilisers such as reserpine and phenothiazines.

For more information, see Section [1. Why am I using ARTANE?](#) in the full CMI.

### 2. What should I know before I use ARTANE?

Do not use if you have ever had an allergic reaction to Trihexyphenidyl (benzhexol) hydrochloride medicine 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 ARTANE?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with ARTANE 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 ARTANE?

- The dose of ARTANE may be different for each person. Your doctor will decide the right dose for you.
- If you are over 60, your starting dose will be low and then increased gradually.

More instructions can be found in Section [4. How do I use ARTANE?](#) in the full CMI.

### 5. What should I know while using ARTANE?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist or pharmacist you visit that you are using ARTANE.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop taking ARTANE or change the dose, without first checking with your doctor.</li><li>• Do not use this medicine to treat any other complaints unless your doctor says to.</li><li>• Do not give ARTANE to anyone else, even if their symptoms seem similar to yours.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Be careful driving or operating machinery until you know how ARTANE affects you. ARTANE may cause drowsiness or dizziness in some people and therefore may affect alertness.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• Be careful when drinking alcohol while you are taking this medicine.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep ARTANE in a cool dry place where the temperature stays below 25°C.</li><li>• Keep ARTANE where children cannot reach it.</li></ul>

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

### 6. Are there any side effects?

Common side effects: dryness of mouth, blurred vision, dizziness, feeling sick or nausea, nervousness, and worsening of muscle weakness (myasthenia gravis). Rare side effects: swelling of your salivary glands, rash, bowel problems, confusion, agitation, delusions, or disturbed behaviour, seeing, feeling or hearing things that are not there. Other side effects that have been reported in medicines that work the same way as ARTANE includes constipation, drowsiness, difficulty passing urine, fast heart rate, enlarged pupils, increased pressure in the eye, weakness, vomiting, and headache.

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.

# ARTANE®

Active ingredient(s): *Trihexyphenidyl (benzhexol) hydrochloride*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using ARTANE. **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 ARTANE.**

Where to find information in this leaflet:

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

### 1. Why am I using ARTANE?

ARTANE contains the active ingredient **Trihexyphenidyl (benzhexol) hydrochloride**. ARTANE belongs to a group of medicines known as antidyskinetics. It works by relaxing muscle tissue and by acting on the nerves, which control the working of muscles.

**ARTANE is used along with other medicines to help treat Parkinson's disease.**

Parkinson's disease is a brain disorder, which affects movement. The symptoms of Parkinson's disease include trembling, rigid posture, slow movements and a shuffling unbalanced walk.

ARTANE is also used after illnesses, which have after-effects like Parkinson's disease.

ARTANE can also be used to help prevent tremor or shaking, which have been caused by tranquillizers such as reserpine and phenothiazines.

Ask your doctor if you have any questions about why ARTANE has been prescribed for you. Your doctor may have prescribed this medicine for another purpose.

ARTANE is not habit forming.

### 2. What should I know before I use ARTANE?

#### Warnings

**Do not use ARTANE if:**

- you are allergic to ingredient Trihexyphenidyl (benzhexol) hydrochloride
- or any of the ingredients listed at the end of this leaflet
- any other similar medicines
- always check the ingredients to make sure you can use this medicine.

- Some symptoms of an allergic reaction include rash, itching or hives on the skin, swelling of the face, lips, tongue or other parts of the body, shortness of breath, wheezing or troubled breathing.
- **Do not take ARTANE if you have narrow angle glaucoma, a condition often associated with an increase in pressure of the eye.**
- **Do not give this medicine to children unless advised by the child's doctor.** The safety and effectiveness of ARTANE in children have not been established.
- If you are not sure whether you should start taking this medicine, talk to your doctor.

#### Check with your doctor if you:

- have any allergies to any other medicines, foods, preservatives or dyes
- have any other medical conditions including
  - liver, kidney or heart disease
  - high blood pressure
  - glaucoma (high pressure in the eye)
  - problems with your stomach or bowel
  - difficulty urinating
  - prostate problems
  - an inability to sweat normally
  - myasthenia gravis

If you have not told your doctor about any of the above, tell them before you take any ARTANE.

- take any medicines for any other condition

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?](#)

#### Pregnancy and breastfeeding

**Check with your doctor if you are pregnant or intend to become pregnant.** Your doctor will discuss the risks and benefits of taking ARTANE during pregnancy.

**Talk to your doctor if you are breastfeeding or intend to breastfeed.** Your doctor will discuss the risks and benefits of taking ARTANE when breastfeeding.

### 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 ARTANE. These include:

- medicines used to treat depression (e.g. barbiturates, opiates, monoamine oxidase inhibitors, tricyclic antidepressants)
- other medicines used to treat Parkinson's disease, movement disorders or muscle spasms (e.g. levodopa, anticholinergics)
- medicines used to treat certain nerve disorders
- medicines used to control epilepsy
- medicines used to relieve nausea (e.g. metoclopramide)
- medicines used to treat glaucoma (e.g. acetazolamide)
- magnesium hydroxide (e.g. antacids)

These medicines may be affected by ARTANE or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines. Your doctor or pharmacist may have more information on medicines to be careful with or avoid while taking ARTANE.

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

## 4. How do I use ARTANE?

### How much to take

- The dose of ARTANE may be different for each person. Your doctor will decide the right dose for you.
- If you are over 60, your starting dose will be low and then increased gradually.
- The starting dose is usually 1mg on the first day. The dose may then be increased by 2 mg at a time every three to five days until a total dose of 6 to 10 mg is taken daily.
- Some people may need to take a daily dose of 12 to 15 mg.
- If you are taking ARTANE for tremor or shaking caused by other medicines, the usual daily dose is between 5 and 15 mg.

### How to take ARTANE

- Swallow ARTANE with a glass of water.

### When to take ARTANE

- ARTANE may be taken with or without food. ARTANE makes some people feel very thirsty. How you react will determine if it is better for you to take ARTANE before or after meals.
- If you salivate a lot, take it after meals.
- If you find it makes your mouth very dry, take it before meals unless it makes you feel sick.
- If you take it after meals, mint candies, chewing gum or water can help lessen the thirst.
- **Take ARTANE three times a day at mealtimes, if you are on a lower dose.**
- **Take ARTANE four times daily, with three doses at mealtimes and the fourth dose at bedtime, if you are on a higher dose.**

## How long to take ARTANE

- Continue taking this medicine as long as your doctor recommends it.
- You may need to take ARTANE indefinitely.

## If you forget to use ARTANE

**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 it as you would normally**

**Do not take a double dose to make up for the dose you missed.**

**If you are unsure about whether to take your next dose, speak to your doctor or pharmacist.**

**If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.**

## If you use too much ARTANE

If you think that you have used too much ARTANE, you may need urgent medical attention.

**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.**

## 5. What should I know while using ARTANE?

### Things you should do

**Use ARTANE exactly as your doctor has prescribed.**

**Call your doctor straight away if you:**

- develop an allergy to ARTANE. ARTANE can cause allergies unexpectedly, even if you have been taking it for a long time.
- become pregnant while you are taking ARTANE.
- feel ARTANE is not helping your condition. Visit your doctor regularly.

Your doctor needs to check your progress and see whether you need to keep taking ARTANE. Your doctor will also want to check the pressure in your eyes regularly as ARTANE may affect your vision.

Always discuss with your doctor any problems or difficulties during or after taking ARTANE.

Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed.

Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

Keep enough medicine to last weekends and holidays.

Remind any doctor, dentist or pharmacist you visit that you are using ARTANE.

## Things you should not do

- Do not stop taking ARTANE or change the dose, without first checking with your doctor.  
Especially if you are over 60 years, the dose of ARTANE must be strictly adhered to, as you are more likely to become sensitive to its effects.
- Do not use this medicine to treat any other complaints unless your doctor says to.
- Do not give ARTANE to anyone else, even if their symptoms seem similar to yours.
- Do not use ARTANE if the packaging is torn or shows

## Things to be careful of

- Be careful if you are elderly, unwell or taking other medicines.  
Some people may experience side effects such as drowsiness, confusion or dizziness, which may increase the risk of a fall.

## Driving or using machines

**Be careful before you drive or use any machines or tools until you know how ARTANE affects you.**

ARTANE may cause drowsiness or dizziness in some people and therefore may affect alertness.

Make sure you know how you react to ARTANE before you drive a car, operate machinery, or do anything else that could be dangerous if you are drowsy, dizzy or not alert

## Drinking alcohol

**Be careful when drinking alcohol while you are taking this medicine.**

If you drink alcohol, drowsiness and dizziness may be worse. Alcohol may also decrease the effect of ARTANE.

## Looking after your medicine

- Keep your tablets in their bottle until it is time to take them. If you take the tablets out of the bottle they may not keep well.
- Keep ARTANE in a cool dry place where the temperature stays below 25°C.

Follow the instructions in the carton on how to take care of your medicine properly.

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.

**Keep it where young children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

## 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?

ARTANE helps most people with Parkinson's disease, but it may have unwanted side effects in some people.

All medicines can have side effects. If you do experience any side effects, most of them 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.

### Common side effects

Common side effects	What to do
<ul style="list-style-type: none"><li>• dryness of mouth</li><li>• blurred vision</li><li>• dizziness</li><li>• feeling sick or nausea</li><li>• nervousness</li><li>• worsening of muscle weakness (myasthenia gravis)</li></ul>	<b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b>

These are the more common side effects of ARTANE.

These side effects usually go away with time. If they persist you may need to have your dose changed.

### Rare effects

Rare side effects	What to do
<ul style="list-style-type: none"><li>• swelling of your salivary glands</li><li>• rash</li><li>• bowel problems</li><li>• confusion</li><li>• agitation</li><li>• delusions, or disturbed behaviour</li><li>• seeing, feeling or hearing things that are not there</li></ul> <p>Other side effects that have been reported in medicines that work the same way as ARTANE include:</p> <ul style="list-style-type: none"><li>• constipation</li><li>• drowsiness</li><li>• difficulty passing urine</li><li>• fast heart rate</li><li>• enlarged pupils</li><li>• increased pressure in the eye</li><li>• weakness</li><li>• vomiting</li><li>• headache</li></ul>	<b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b>

**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](http://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 only available with a doctor's prescription.

### What ARTANE contains

<b>Active ingredient (main ingredient)</b>	2 mg or 5 mg of trihexyphenidyl hydrochloride
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>• calcium hydrogen phosphate</li><li>• maize starch</li><li>• pregelatinised maize starch</li><li>• magnesium stearate</li></ul>
<b>Potential allergens</b>	N/A

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

**ARTANE does not contain gluten, lactose, sucrose, tartrazine or any other azo dyes.**

### What ARTANE looks like

ARTANE 2 mg tablets are white, round, flat-faced, bevelled edge tablet with break bar on one side and plain on the other. (Aust R 15125)

ARTANE 5 mg tablets are white, round, flat-faced, bevelled edge tablet with break bar on one side and plain on the other. (Aust R 15126)

Both ARTANE 2 mg and 5 mg tablets come in bottles of 200 tablets.

### Who distributes ARTANE

Arrotex Pharmaceuticals Pty Ltd

15 - 17 Chapel Street

Cremorne VIC 3121

Australia

[www.arrotex.com.au](http://www.arrotex.com.au)

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