

ALPRAX tablets

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 ALPRAX?

ALPRAX contains the active ingredient alprazolam. ALPRAX is used to treat anxiety and panic attacks.

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

2. What should I know before I use ALPRAX?

Do not use if you have ever had an allergic reaction to alprazolam, any other benzodiazepine 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 ALPRAX?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with ALPRAX 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 ALPRAX?

- Follow all directions given to you by your doctor or pharmacist.
- ALPRAX can be given with or without food. Swallow the tablets with a glass of water.
- Keep taking your medicine for as long as your doctor recommends.

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

5. What should I know while using ALPRAX?

Things you should do	<ul style="list-style-type: none">- Remind any doctor, dentist or pharmacist you visit that you are using ALPRAX.- Tell your doctor if you feel that ALPRAX is not helping your condition.
Things you should not do	<ul style="list-style-type: none">- Do not take it for a longer period than your doctor has prescribed- Do not stop taking it, or lower the dose, without first checking with your doctor.
Things to be careful of	<ul style="list-style-type: none">- Be careful if you are elderly, unwell, or are taking other medicines. You may be at a higher risk of experiencing side effects.
Driving or using machines	<ul style="list-style-type: none">- Do not drive or use any machines or tools until you know how ALPRAX affects you.
Drinking alcohol	<ul style="list-style-type: none">- Be careful when drinking alcohol while taking ALPRAX.- Tell your doctor if you drink alcohol.
Looking after your medicine	<ul style="list-style-type: none">- Keep this medicine in a cool dry place, away from moisture, heat or light, where the temperature stays under 25°C for ALPRAX 0.5 & ALPRAX 1 blister packs or under 30°C for ALPRAX 2 tablet bottles.

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

6. Are there any side effects?

Common side effects of ALPRAX include drowsiness and tiredness; dizziness, lightheadedness, and confusion; memory problems; unsteadiness and clumsiness; slurred speech; blurred vision; tremor; changes in weight; impaired sexual function; and anxiety, irritability, and sleep problems after you stop taking ALPRAX. Serious side effects of ALPRAX include unusual feelings of anger, excitement, or overactivity; and yellowing of the skin or eyes (jaundice).

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.

ALPRAX tablets

Active ingredient: *alprazolam*

Consumer Medicine Information (CMI)

This leaflet provides important information about using ALPRAX.

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 ALPRAX.

Where to find information in this leaflet:

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

1. Why am I using ALPRAX?

ALPRAX is used to treat anxiety and panic attacks.

ALPRAX contains the active ingredient alprazolam. ALPRAX belongs to a group of medicines called benzodiazepines. These medicines are thought to work by their action on brain chemicals.

In general, benzodiazepines such as ALPRAX should be taken for short periods only (for example 2 to 4 weeks). Continuous long-term use is not recommended unless advised by your doctor. The use of benzodiazepines may lead to dependence on the medicine.

Ask your doctor if you have any questions about why ALPRAX TABLETS has been prescribed for you.

Your doctor may have prescribed it for another reason.

2. What should I know before I use ALPRAX?

Warnings

Do not use ALPRAX if:

- you are allergic to alprazolam, any other benzodiazepine medicine, or any of the ingredients listed at the end of this leaflet.**
Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue, or any other parts of the body; rash, itching or hives on the skin.

- you have any of the following medical conditions:**
 - severe and chronic lung disease
 - severe muscle weakness known as myasthenia gravis.
- the expiry date printed on the pack has passed.**
- the packaging is torn or shows signs of tampering or the tablets do not look quite right.**

Check with your doctor if you:

- have had any allergy to any other medicines, or any other substances, such as foods, preservatives, or dyes.**
- have any other medical conditions, especially the following:**
 - depression, psychosis or schizophrenia
 - glaucoma (high pressure in the eye)
 - epilepsy (fits or convulsions)
 - liver, kidney or lung disease
 - high or low blood pressure
 - previous problems with addiction to medicine.
- take any medicines for any other conditions.**

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 ALPRAX during pregnancy.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

ALPRAX may pass into the breast milk and cause drowsiness and feeding difficulties in the baby. Your doctor will discuss the risks and benefits of taking this medicine when breastfeeding.

Use in children

ALPRAX is not recommended for use in children, as there have been no studies of its effects in children.

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 ALPRAX and affect how it works. These include:

- sleeping tablets, sedatives or tranquillisers
- medicines for depression
- lithium, a medicine used to treat mood swings and some types of depression
- antipsychotics, medicines used to treat certain mental and emotional conditions
- medicines to control epilepsy and fits
- antihistamines, medicines used to prevent or relieve the symptoms of allergy (such as hay fever)
- muscle relaxants
- some pain relievers
- cimetidine, a medicine commonly used to treat reflux and ulcers
- disulfiram, a medicine used in alcohol abuse
- oral contraceptives
- some macrolide antibiotics, e.g. erythromycin
- medicines to treat HIV infection (ritonavir).

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

4. How do I use ALPRAX?

How much to take

The dose varies from patient to patient.

Your doctor will tell you how many tablets you need to take each day and when to take them. This depends on your condition and whether or not you are taking any other medicines.

Follow all directions given to you by your doctor and pharmacist carefully.

How to take ALPRAX

Swallow the tablets with a glass of water.
ALPRAX can be taken with or without food.

How long to take it for

Keep taking your medicine for as long as your doctor recommends.

In general, benzodiazepines such as ALPRAX should be taken for short periods only (such as 2-4 weeks).

Continuous long-term use is not recommended unless advised by your doctor. The use of benzodiazepines may lead to dependence on the medicine.

If you forget to use ALPRAX

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 the missed dose as soon as you remember, and then go back to taking your tablets as you would normally.

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

Ask your doctor or pharmacist if you are not sure what to do.

If you use too much ALPRAX

If you take too much, you may feel drowsy, tired, confused, dizzy, have difficulty breathing, feel weak or become unconscious.

If you think that you have used too much ALPRAX, 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 ALPRAX?

Things you should do

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

Before starting any new medicine, tell your doctor or pharmacist that you are taking ALPRAX.

If you become pregnant while taking it, tell your doctor.

Visit your doctor regularly so they can check on your progress.

Your doctor will check your condition to see whether you should continue to take it.

Tell your doctor if you feel that ALPRAX is not helping your condition.

Things you should not do

Do not take it for a longer period than your doctor has prescribed

Do not stop taking it, or lower the dose, without first checking with your doctor.

Your doctor may want you to gradually reduce the amount of ALPRAX you are taking before stopping completely. This may help reduce the possibility of unwanted side effects.

Do not use it to treat any other conditions unless your doctor tells you to.

Do not give it to anyone else, even if they have the same condition as you.

Things to be careful of

Be careful if you are elderly, unwell, or are taking other medicines.

Some people may experience side effects such as drowsiness, confusion, dizziness and unsteadiness, which may increase the risk of a fall.

Driving or using machines

Do not drive or use any machines or tools until you know how ALPRAX affects you.

ALPRAX may cause drowsiness or dizziness in some people. If any of these occur, do not drive, operate machinery, or do anything else that could be dangerous.

Drinking alcohol

Be careful when drinking alcohol while taking ALPRAX.

Combining this medicine and alcohol can make you more sleepy, dizzy or lightheaded.

Your doctor may suggest that you avoid alcohol or reduce the amount you drink while you are taking ALPRAX.

Tell your doctor if you drink alcohol.

Looking after your medicine

Store your blister packs of ALPRAX 0.5 & ALPRAX 1 tablets in in the original container, protected from light, where the temperature stays below 25°C.

Store your bottle of ALPRAX 2 tablets in the original container, protected from light, where the temperature stays below 30°C.

Keep ALPRAX in a cool dry place, away from moisture.

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.

6. Are there any side effects?

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.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none">• drowsiness, tiredness• dizziness, lightheadedness, confusion• memory problems• unsteadiness, clumsiness• slurred speech• blurred vision• tremor• changes in weight• impaired sexual function• anxiety, irritability, and sleep problems after you stop taking ALPRAX.	Speak to your doctor if you have any of these less serious side effects and they worry you.

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none">• unusual feelings of anger, excitement, or overactivity• yellowing of the eyes or skin (jaundice).	Call your doctor immediately or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

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 only available with a doctor's prescription.

What ALPRAX contains

Active ingredient (main ingredient)	<ul style="list-style-type: none">• each ALPRAX 0.5 tablet contains 0.5 mg of alprazolam• each ALPRAX 1 tablet contains 1 mg of alprazolam• each ALPRAX 2 tablet contains 2 mg of alprazolam.
Other ingredients (inactive ingredients)	<ul style="list-style-type: none">• lactose anhydrous• microcrystalline cellulose• maize starch• sodium benzoate• docusate sodium• povidone• colloidal anhydrous silica• sodium starch glycollate• magnesium stearate• pigment blend PB20026 purple (ALPRAX 0.5 only)• indigo carmine CI 73015 (132) (ALPRAX 1 only)
Potential allergens	<ul style="list-style-type: none">• sugars as lactose• benzoates.

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

ALPRAX tablets are gluten and sucrose free.

What ALPRAX looks like

ALPRAX is available in 3 tablet strengths:

ALPRAX 0.5: oval pink tablet marked with 'A|5' on one side and plain on the other. Available in blister packs of 10 tablets.

ALPRAX 1: oval light blue tablet marked with 'A|1' on one side and plain on the other. Available in blister packs of 10 tablets.

ALPRAX 2: rectangular white tablet marked with '|A|2|' on one side and triple scored on the other. Available in HDPE bottles with child-resistant caps of 50 tablets.

Australian Registration numbers:

ALPRAX 0.5: AUST R 82640

ALPRAX 1: AUST R 82643

ALPRAX 2: AUST R 82644

Who distributes ALPRAX

Aspen Pharmacare Australia Pty Ltd
34-36 Chandos St
St Leonards NSW 2065
Australia

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