

# QUILONUM SR 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 QUILONUM SR?

QUILONUM SR contains the active ingredient lithium carbonate. QUILONUM SR is used to treat mental illness. It is taken both to treat and prevent episodes of mood swing, in a condition called either manic-depression or bipolar disorder.

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

### 2. What should I know before I use QUILONUM SR?

Do not use if you have ever had an allergic reaction to QUILONUM SR 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 QUILONUM SR?](#) in the full CMI.

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

Some medicines may interfere with QUILONUM SR 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 QUILONUM SR?

- The usual dose of QUILONUM SR is one 450 mg tablet twice a day.
- Swallow the tablets whole with cold water and preferably with food.
- Do not break in half, chew or crush the tablets, or try to dissolve them.

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

### 5. What should I know while using QUILONUM SR?

<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 QUILONUM SR.</li><li>• If you forget to take QUILONUM SR, take it as soon as you remember. Do not double the dose to make up for any missed or forgotten dose.</li><li>• Maintain a normal diet and fluid intake, particularly an adequate and constant salt and water intake.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop using this medicine suddenly.</li><li>• Do not give this medicine to anyone else, even if their symptoms seem like yours.</li><li>• Do not use QUILONUM SR to treat any other complaints unless your doctor says to.</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 QUILONUM SR affects you. Lithium may cause dizziness, sleepiness, poor coordination, and hallucination.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• Be careful when drinking alcohol while you are taking QUILONUM SR. If you drink alcohol while you are taking it side effects such as drowsiness may become worse.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep QUILONUM SR tablets in the blister pack until it is time to take them.</li><li>• Store it in a cool dry place, away from moisture or heat, where the temperature stays below 25°C.</li></ul>

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

### 6. Are there any side effects?

Mild side effects may disappear without stopping treatment. These include mild nausea, loose bowel motions, tiredness and dizziness. Tell your doctor if you notice any serious side effects including severe or persistent nausea, vomiting or diarrhoea, extreme tiredness, blurred vision and lack of balance or difficulty walking.

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.

# QUILONUM SR tablets

Active ingredient: *lithium carbonate*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using QUILONUM SR.

**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 QUILONUM SR.**

**Where to find information in this leaflet:**

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

## 1. Why am I using QUILONUM SR?

QUILONUM SR contains the active ingredient lithium carbonate, a powerful mood stabilizer.

QUILONUM SR is used to treat mental illness. It is taken both to treat and prevent episodes of mood swing, either up (mania) or down (depression), in a condition called either manic-depression or bipolar disorder. This medicine helps you to have more control over your emotions and cope better. The exact way it works to stabilise a person's mood is unknown.

**Ask your doctor if you have any questions about why QUILONUM SR has been prescribed for you.**

Your doctor may have prescribed it for another reason.

QUILONUM SR tablets are not addictive.

## 2. What should I know before I use QUILONUM SR?

### Warnings

**Do not use QUILONUM SR if:**

- you are allergic to lithium carbonate or any of the ingredients listed at the end of this leaflet.
- you have taken lithium before and become unwell. **Tell your doctor before starting these tablets.**
- you have severe kidney or heart disease

- you are weakened by illness or dehydrated
- you have a low level of sodium in your blood
- you have an untreated underactive thyroid gland or Addison's disease
- the expiry date printed on the pack has passed
- the packaging is torn or shows signs of tampering.

**Check with your doctor if you:**

- have any other medical conditions
- you are having, or going to have electroconvulsive (electric shock) therapy
- you have a condition called Brugada syndrome, or someone in your family has Brugada syndrome. This is a genetic disease that affects the heart.
- take any medicines for any other condition
- are allergic to foods, dyes, preservatives or any other medicines.

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

QUILONUM SR tablets should not be used in pregnancy, especially during the first trimester, without first talking to your doctor.

If QUILONUM SR is taken during the first 12 weeks of pregnancy, when organs are formed, the baby may be born with birth defects involving the heart and blood vessels.

Use of QUILONUM SR towards the end of pregnancy may produce serious unwanted effects in the newborn baby. These unwanted effects usually last for 1 to 2 weeks after the baby has been born.

**Check with your doctor if you intend to become pregnant.**

**Do not breast-feed while you are taking this medicine.**

### Use in children

There is no specific information to recommend the use of QUILONUM SR in children under 12 years.

### Use in the elderly

Your doctor will determine the appropriate dose for elderly patients.

### 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.**

**Tell your doctor if you are taking any of the following medicines:**

- changes urine output (e.g. diuretics or fluid tablets)
- change the acidity of urine (e.g. sodium bicarbonate)
- lower blood pressure or treat heart conditions (e.g. methyldopa, "calcium channel blockers" and "ACE inhibitors")
- treat wheezy breathing (e.g. theophylline or aminophylline)
- control fits or convulsions (e.g. carbamazepine or phenytoin)
- treat depression (e.g. fluoxetine or imipramine)
- treat arthritis (non-steroidal anti-inflammatory drugs, such as indomethacin and piroxicam, as well as "COX II inhibitors" such as celecoxib and rofecoxib.
- contains metronidazole ("anti-infective")
- decrease appetite
- contain a steroid (e.g. prednisolone)
- treat certain mental condition (e.g. haloperidol or ziprasidone)
- angiotensin II receptor antagonists (e.g. irbesartan (Avapro, Karvea), candesartan (Atacand)
- medicines used to treat epilepsy and migraine (e.g. topiramate).

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

### 4. How do I use QUILONUM SR?

#### How much to take

- The usual dose of QUILONUM SR is one 450 mg tablet twice a day.
- If necessary, your doctor may increase or decrease the dose you take each day.

#### When to take it

**Keep taking your QUILONUM SR tablets for as long as your doctor tells you to.**

**Do not stop taking it or change the dose without first checking with your doctor.**

#### How to take it

QUILONUM SR tablets should be swallowed whole with a glass of cold water and preferably with food.

**Do not break in half, chew or crush the tablets, or try to dissolve them.**

### If you forget to use QUILONUM SR

QUILONUM SR should be used regularly at the same time each day. If you miss your dose at the usual time, take it as soon as you remember.

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

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

### If you use too much QUILONUM SR

If you think that you have used too much QUILONUM SR, 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.**

Symptoms of overdose include anorexia, persistent nausea and vomiting, blurred vision, delirium, muscle twitch, coma and a dangerous decrease of blood pressure which can cause rapid shallow breathing, cold clammy skin, rapid weak pulse, dizziness, weakness and fainting. In severe cases, fits (convulsions), kidney failure and death may occur.

### 5. What should I know while using QUILONUM SR?

#### Things you should do

- **Tell your doctor or a mental health professional immediately if you have any suicidal thoughts or other mental/mood changes.**  
All thoughts of suicide must be taken seriously.
- **Tell your doctor if you, for any reason, have not taken your medicine exactly as directed.**
- **Keep all your doctor's appointments so that your progress can be checked.**  
Unwanted effects can occur with changes in your body function or in your condition. It is important that you are monitored and have regular blood tests.
- It is important to maintain a normal diet and fluid intake, particularly an adequate and constant salt and water intake.
- It may be necessary to stop lithium if you develop another illness.
- Remind any doctor, dentist or pharmacist you visit that you are using QUILONUM SR.

#### Things you should not do

- **Do not give this medicine to anyone else, even if their symptoms seem like yours.**

- Do not use QUILONUM SR to treat any other complaints unless your doctor says to.
- Do not stop taking QUILONUM SR without talking to your doctor or pharmacist.

### Driving or using machines

Be careful before you drive or use any machines or tools until you know how QUILONUM SR affects you.

Lithium may cause dizziness, sleepiness, poor co-ordination and hallucinations. If you are affected, you should not drive or operate machinery.

### Drinking alcohol

Be careful when drinking alcohol while you are taking QUILONUM SR.

If you drink alcohol while you are taking it side effects, such as drowsiness, may become worse.

### Looking after your medicine

Keep QUILONUM SR tablets in its blister pack until it is time to take them.

Store it in a cool dry place away from moisture or heat, where the temperature stays below 25°C.

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"> <li>• mild nausea</li> <li>• loose bowel motions</li> <li>• taste impairment</li> <li>• abdominal discomfort</li> <li>• tiredness</li> <li>• weakness</li> <li>• dizziness</li> <li>• slurred speech</li> </ul>	<p><b>Tell your doctor or pharmacist if you experience any of the following after taking QUILONUM SR.</b></p>

<ul style="list-style-type: none"> <li>• fine tremor of the hands</li> <li>• muscle twitching or jerking</li> <li>• muscle or joint pain</li> <li>• larger than usual urine volumes</li> <li>• mild constant thirst</li> <li>• worsening of acne or psoriasis</li> <li>• mild allergic rash</li> <li>• hair loss</li> <li>• weight gain</li> <li>• cold hands and feet</li> <li>• swelling of hands, ankles or feet</li> <li>• excessive salivation</li> <li>• dry mouth</li> <li>• loss of appetite</li> <li>• changes in sexual function.</li> </ul>	<p>These mild side effects may disappear without stopping treatment.</p>
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### Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"> <li>• severe or persistent nausea, vomiting, or diarrhoea</li> <li>• drowsiness</li> <li>• extreme tiredness</li> <li>• blurred vision</li> <li>• ringing in the ears</li> <li>• lack of balance or difficulty in walking</li> <li>• passage of very large volumes of urine with raging thirst</li> <li>• seizures or fits</li> <li>• acute renal failure (kidney disease where you pass little or no urine. Other symptoms include drowsiness, nausea, vomiting and breathlessness)</li> <li>• changes in rhythm or rate of heart beat</li> <li>• impair or loss of consciousness.</li> <li>• Wheezing, swelling of the lips/mouth, difficulty in breathing, hayfever, lumpy rash (hives) or fainting. These could be symptoms of an allergic reaction.</li> <li>• Pain, swelling, tenderness in the front of neck, and trouble swallowing and hoarseness.</li> <li>• Widespread skin rash, with fever and potential swelling in face.</li> </ul>	<p><b>Call your doctor immediately or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>

**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 QUILONUM SR tablets contain

<b>Active ingredient (main ingredient)</b>	<ul style="list-style-type: none"><li>• Each QUILONUM SR tablet contains 450 mg lithium carbonate.</li></ul>
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>• basic butylated methacrylate copolymer</li><li>• calcium behenate</li><li>• carmellose calcium</li><li>• gelatin</li><li>• lactose monohydrate</li><li>• macrogol 6000</li><li>• magnesium stearate</li><li>• maize starch</li><li>• povidone</li><li>• purified talc</li><li>• titanium dioxide.</li></ul>
<b>Potential allergens</b>	<ul style="list-style-type: none"><li>• sugars as lactose.</li></ul>

QUILONUM SR tablets are formulated to be slow release.

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

### What QUILONUM looks like

QUILONUM SR is a white film-coated oblong tablet in blister packs of 100 tablets.

Australian Registration number: AUST R 53377

### Who distributes QUILONUM SR?

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

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