

# Nausrelief

## 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 Nausrelief?

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

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

Do not use if you have ever had an allergic reaction to prochlorperazine maleate or any of the ingredients listed at the end of the CMI. **Talk to your doctor or pharmacist 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 Nausrelief?](#) in the full CMI.

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

Some medicines may interfere with Nausrelief 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 Nausrelief?

- Your doctor or pharmacist will tell you how much Nausrelief you will need to take each day.
- For adults, the usual recommended dose is 1 or 2 tablets two to three times daily.

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

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

<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 Nausrelief.</li><li>Call 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.</li><li>If outdoors, wear protective clothing and use at least an SPF 15+ sunscreen.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>Do not give Nausrelief to children and adolescents under 18 years of age. Do not take any medicines that cause drowsiness while you are taking Nausrelief.</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 Nausrelief affects you.</li><li>Nausrelief may cause dizziness, light-headedness, tiredness and drowsiness especially in the first few days of treatment</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>Be careful when drinking alcohol while taking Nausrelief. If you drink alcohol, dizziness or lightheadedness may be worse.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>Keep Nausrelief in a cool, dry place where the temperature stays below 30°C. Protect from light.</li></ul>

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

### 6. Are there any side effects?

Less serious side effects include constipation, dry mouth, drowsiness, restlessness, trembling, rigid posture, mask-like face, slow movements and a shuffling unbalanced walk, uncontrollable twitching, jerking or writhing movements, blurred vision, and low blood pressure. Serious side effects include unusual muscle tone or spasms causing distortion of the body in children, a sudden increase in body temperature, extremely high blood pressure and severe convulsions, shortness of breath, wheezing, difficulty in breathing or swallowing, swelling of the face, lips, tongue or other parts of the body, and a rash, itching or hives on the skin.

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.

# Nausrelief

**Active ingredient(s):** prochlorperazine maleate

## Consumer Medicine Information (CMI)

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

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

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

## 1. Why am I using Nausrelief?

**Nausrelief contains the active ingredient prochlorperazine maleate.** Nausrelief belongs to a group of medicines called phenothiazines, which help to correct chemical imbalances in the brain allowing it to function correctly. These chemicals may also affect the parts of the brain which control nausea (feeling sick) and vomiting.

**Nausrelief 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 Nausrelief?

### Warnings

**Do not use Nausrelief if:**

- you are allergic to prochlorperazine maleate, 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. Symptoms of an allergic reaction may include asthma, wheezing, shortness of breath; swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing; skin rash, itching or hives.
- you have any of the following medical conditions:
  - shock;
  - disease of the blood with a low number of blood cells;
  - being unconscious or in a coma;
  - yellowing of the skin and/or eye, also called jaundice.

- you are taking other medicines that cause drowsiness.

**Prochlorperazine GH must not be given to anyone who is unconscious or in a coma.**

**Check with your doctor or pharmacist 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 or an underactive thyroid gland
  - 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 (especially in the elderly)
  - diabetes.
  - a low number of white blood cells (agranulocytosis);
  - schizophrenia, a mental illness.
- have a migraine (severe headache) before you first use Nausrelief.
- 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?](#)

### Use in Elderly

Nausrelief should be used with caution in the elderly particularly during very hot or very cold weather.

The elderly are more likely to experience dizziness and drowsiness.

## Use in Children

Nausrelief is not recommended for use in children and adolescents under 18 years of age.

## Pregnancy and breastfeeding

**Use of Nausrelief 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 or think you may be pregnant. If there is a need to take Nausrelief during your pregnancy, your doctor will discuss with you the benefits and risks of taking it.

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

It is recommended that you do not breastfeed while taking NAUSRELIEF, as it is not known whether it 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 NAUSRELIEF and affect how it works. These include:**

- some medicines used to control depression, mood swings or mental illness such as lithium.
- medicines metabolised by CYP2D6 enzymes, such as amitriptyline.
- alcohol.
- sedative medicines (medicine used to help you sleep).
- general anaesthetics.
- opiates or other analgesics (pain relief medicine)
- desferrioxamine, a drug used in iron overdose
- medicines used to treat 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.
- 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 heartbeat, eg. amiodarone, quinidine and disopyramide.
- medicines that can slow your heartbeat, eg. diltiazem and verapamil.

- medicines that can reduce potassium levels in the blood, eg. diuretics and laxatives.
- other medicines that can affect your heart rate, eg. methadone and pentamidine.
- antacids (medicine for heartburn) containing magnesium, aluminium and calcium salts, oxides and hydroxides.
- adrenaline used for severe allergic reactions.
- bepridil, cisapride, sultopride, thioridazine, methadone, erythromycin injection, vincamine injection, halofantrine, pentamidine, sparfloxacin, amphotericin B injection, glucocorticoids, tetracosactides (tetracosactrin).
- amfetamine, a stimulant drug.

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

## 4. How do I use Nausrelief?

### How much to take

- Your doctor or pharmacist will tell you how much Nausrelief you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.
- For adults, the usual recommended dose is 1 or 2 tablets two to three times daily.
- For acute treatment, 4 tablets at once followed by 2 tablets two hours later, if necessary, may be taken.
- The elderly or patients who have a pre-existing liver condition may need to take fewer tablets.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

### When to take Nausrelief

- It does not matter if you take Nausrelief before or after food.

### How to take Nausrelief

- Swallow the tablet whole with a full glass of water.
- Do not chew the tablet.

### If you forget to use Prochlorperazine GH

Prochlorperazine GH should be used regularly at the same time each day. If you miss your dose at the usual time, take the dose 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 Nausrelief

If you think that you have used too much Nausrelief, 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 heartbeat, decrease body temperature, small pupils in the eye, difficulty in swallowing or breathing, or blue skin, difficulty speaking, or convulsions.

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

### Things you should do

- If you are about to be started on any new medicines, tell your doctor, dentist or pharmacist that you are taking Nausrelief.
- If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking Nausrelief.
- If Nausrelief makes you feel light-headed, dizzy or faint, be careful when getting up from a sitting or lying position. Getting up slowly may help.

### 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 Nausrelief. The condition is more likely to occur during long term treatment, especially in elderly women. In very rare cases, this may be permanent.
- notice an unexplained fever, ridged muscles or altered consciousness. These are symptoms of a rare condition called neuroleptic malignant syndrome. Your doctor may tell you to stop taking Nausrelief.
- become pregnant while taking Nausrelief.

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

### Things you should not do

- Do not give Nausrelief to children or adolescents under 18 years of age.
- Do not give Nausrelief to anyone else, even if they have the same condition as you.
- Do not take Nausrelief to treat any other complaints unless your doctor or pharmacist tells you to.
- Do not take any medicines that cause drowsiness while you are taking Nausrelief.

## Sun exposure

Nausrelief may cause your skin to be much more sensitive to sunlight than it is normally. It is advised to avoid exposure to direct sunlight during treatment.

If outdoors, wear protective clothing and use at least an SPF 15+ sunscreen.

Exposure to sunlight may cause a skin rash, itching, redness or severe sunburn. If your skin does appear to be burning, tell your doctor.

Make sure you keep cool in hot weather and keep warm in cool weather. Nausrelief may affect the way your body reacts to temperature changes.

## Driving or using machines

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

Nausrelief may cause drowsiness, dizziness, light-headedness and blurred vision in some people, especially in the first few days of treatment. If this occurs, do not drive.

## Drinking alcohol

**Tell your doctor or pharmacist if you drink alcohol.**

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

Your doctor or pharmacist may suggest you avoid alcohol while you are being treated with Nausrelief.

## Looking after your medicine

- Keep Nausrelief tablets in a cool dry place where the temperature stays below 30°C. Protect from light.
- Keep your tablets in the blister pack until it is time to take them. If you take the tablets out of the blister they may not keep as well.

Follow the instructions on 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.**

## 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, 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.

## Less serious side effects

Less serious side effects	What to do
<p><b>Gastrointestinal or gut related:</b></p> <ul style="list-style-type: none"> <li>• Constipation.</li> <li>• Dry mouth.</li> </ul> <p><b>Central nervous system related:</b></p> <ul style="list-style-type: none"> <li>• Drowsiness.</li> <li>• Restlessness.</li> <li>• Trembling, rigid posture, mask-like face, slow movements and a shuffling unbalanced walk.</li> <li>• Uncontrollable twitching, jerking or writhing movements.</li> </ul> <p><b>Vision or eye related:</b></p> <ul style="list-style-type: none"> <li>• Blurred vision.</li> </ul> <p><b>Cardiovascular or heart related:</b></p> <ul style="list-style-type: none"> <li>• Low blood pressure.</li> </ul> <p><b>The following side effects are less common:</b></p> <ul style="list-style-type: none"> <li>• Changes in heartbeat.</li> <li>• Swelling of the hands, ankles or feet.</li> <li>• Skin rash.</li> <li>• For females: unusual secretion of breast milk, irregular or stopping of periods.</li> <li>• For males: breast enlargement, difficulty in ejaculating, getting or maintaining an erection, or persistent painful erection.</li> <li>• Severe pain in the stomach with bloating, cramps and vomiting difficulty passing urine.</li> <li>• Yellowing of the skin and/or eyes.</li> <li>• Headache.</li> <li>• Insomnia.</li> <li>• Seizures.</li> <li>• Agitation, confusion, delirium, anxiety.</li> <li>• Dizziness.</li> <li>• Difficulty in breathing.</li> <li>• Brownish deposits in the eyes.</li> <li>• Stuffy nose.</li> </ul>	<p><b>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</b></p>

## Serious side effects

Serious side effects	What to do
<p><b>Allergic reaction related</b> (that can occur either immediately or within several days of drug administration; that may be life-threatening):</p>	<p><b>Call your doctor straight away, or go straight to the Emergency</b></p>

Serious side effects	What to do
<ul style="list-style-type: none"> <li>• Shortness of breath, wheezing or difficulty in breathing or swallowing.</li> <li>• Swelling of the face, lips, throat, tongue or other parts of the body.</li> <li>• Cold, clammy skin, palpitations, dizziness, weakness or fainting.</li> <li>• Rash, itching or hives on the skin.</li> </ul> <p><b>Musculoskeletal related:</b></p> <ul style="list-style-type: none"> <li>• Unusual muscle tone or spasms causing distortion of the body in children.</li> </ul> <p><b>General:</b></p> <ul style="list-style-type: none"> <li>• Sudden increase in body temperature, extremely high blood pressure and severe convulsions.</li> <li>• Hypersensitivity, fever, rash, facial swelling, swollen lymph nodes (which could be symptoms relating to raised levels of infection fighting cells (relating to eosinophilia)).</li> </ul> <p><b>Nervous system related:</b></p> <ul style="list-style-type: none"> <li>• 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).</li> </ul> <p><b>Liver related:</b></p> <ul style="list-style-type: none"> <li>• Yellowing of the skin and/or eyes (jaundice) and urine becomes darker in color.</li> </ul> <p><b>Blood related:</b></p> <ul style="list-style-type: none"> <li>• Bleeding and bruising (thrombocytopenic purpura).</li> </ul>	<p><b>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.

## 7. Product details

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

### What Nausrelief contains

<b>Active ingredient (main ingredient)</b>	Prochlorperazine maleate
<b>Other ingredients (inactive ingredients)</b>	Lactose monohydrate Maize starch Purified water Colloidal anhydrous silica Magnesium stearate
<b>Potential allergens</b>	Lactose monohydrate

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

Nausrelief tablets are free from gluten.

### What Nausrelief looks like

Nausrelief is a white to off-white, circular, uncoated tablet embossed with "5" on one side (AUST R 186710).

### Who distributes Nausrelief

Generic Health Pty Ltd

Suite 2, Level 2

19-23 Prospect Street

Box Hill, VIC, 3128

Australia

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