

# Melobic 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 Melobic

Melobic contains the active ingredient Meloxicam. Melobic is used to treat the symptoms of osteoarthritis and rheumatoid arthritis.

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

### 2. What should I know before I use Melobic

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

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

Some medicines may interfere with Melobic 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 Melobic?

Follow the instructions provided by your doctor and pharmacist.

- For **osteoarthritis**, the usual dose of Melobic is 7.5 mg once daily.
- For **rheumatoid arthritis**, the usual dose of Melobic is 15 mg once daily.

Swallow Melobic whole with a full glass of water with or immediately after food.

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

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

<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 Melobic.</li><li>• If you are going to have surgery, tell the nurse, surgeon, or anaesthetist that you are taking Melobic as it can slow down blood clotting.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop taking Melobic or lower the dosage without checking with your doctor</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 Melobic affects you</li><li>• This medicine may cause dizziness, drowsiness or blurred vision in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep Melobic in a cool dry place where the temperature stays below 25°C.</li><li>• Keep it where children cannot reach it.</li></ul>

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

### 6. Are there any side effects?

Common side effects: aching muscles, allergic reactions, back pain, being sick, blood in the urine, burping, chest tightness, constipation, cough, cramps, dehydration, dizziness, drowsiness, excessive sweating, fatigue, feeling sick, fluid retention, flu-like symptoms, headache, heartburn, increased appetite, increased blood pressure, itching or flaking skin, joint pain, loose stools, muscle spasms/ tenderness/ weakness, pain, passing wind, reflux, runny or blocked nose, shortness of breath, sore mouth/throat, stomach upset, trouble sleeping, upper respiratory tract infections.

Serious side effects: asthma, blurred vision, heartbeat irregularities, infection, photosensitivity, rash, severe skin reactions, sharp chest pain, swelling of skin/mucous membranes/stomach/intestines/liver, ulcers, urine changes

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.

# Melobic

Active ingredient(s): *Meloxicam*

## Consumer Medicine Information (CMI)

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

Where to find information in this leaflet:

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

## 1. Why am I using Melobic?

**Melobic contains the active ingredient meloxicam.**

Melobic belongs to a group of medicines called nonsteroidal anti-inflammatory drugs (NSAIDs). These medicines work by relieving pain, swelling, and redness.

**Melobic is used to treat the symptoms of:**

- **Osteoarthritis (OA)** is a chronic disorder that causes damage to the cartilage and surrounding tissues and is characterized by pain, stiffness, and loss of function.
- **Rheumatoid arthritis (RA)** is an inflammatory arthritis in which joints, usually including those of the hands and feet, are inflamed, resulting in swelling, pain, and often destruction of joints.

Both diseases mainly affect the joints causing pain and swelling.

Although Melobic can relieve the symptoms of pain and inflammation, it will not cure your condition.

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

### Warnings

**Do not use Melobic if:**

- you are allergic to:
  - meloxicam, Aspirin or any other non steroidal anti inflammatory drugs (NSAIDs).
  - or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

- Are under 18 years of age
- Are pregnant or think you may be pregnant (see Pregnancy and Breastfeeding)

- Are breastfeeding (see Pregnancy and Breastfeeding)
- Are going to have or have just had heart bypass surgery
- Have galactose intolerance (a rare genetic condition)
- Have a hole in or experience bleeding from the stomach, gut or any other bleeding
- Have uncontrolled heart failure
- Have severe liver problems
- Have severe, non-dialysis kidney disease
- Have had a stroke due to a bleed in the brain
- Have a stomach ulcer
- Have or have had inflammation of the stomach lining
- Have an inflammatory bowel disease such as Crohn's disease or ulcerative colitis now or in the past
- Are taking any of these medicines:
  - o fluconazole (a medicine used to treat fungal infections) or
  - o certain sulfur antibiotics (e.g. sulfamethoxazole)
  - o methotrexate (a medicine used to treat diseases of the immune system and some cancers).
- Had any of the following reactions after taking aspirin or an NSAID:
  - o asthma
  - o nasal polyps (painless growths inside the nose or sinuses)
  - o swelling of the face, lips, mouth, tongue or throat (which may cause difficulty in swallowing or breathing)
  - o hives or an itchy rash

**Check with your doctor if you:**

- any allergies to other medicines, foods, preservatives, or colours
- a current infection
- advanced or chronic kidney disease
- any problems with your
  - o heart or blood vessels
  - o liver
  - o blood pressure
- fluid retention
- diabetes
- high cholesterol
- any clotting or bleeding disorder
- asthma.

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.

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

**Tell your doctor immediately if you become pregnant while taking Melobic.**

### **Birth control**

Tell your doctor if you are using an intrauterine device (IUD) to prevent pregnancy. NSAID medicines, like Melobic, may decrease the effectiveness of the birth control device.

### **Children and adolescents**

The safety and effectiveness in adolescents or children younger than 18 years have not been established.

## **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 Melobic and affect how it works. These include:**

- other non-steroidal anti-inflammatory drugs (NSAIDs): aspirin, celecoxib, diclofenac, etoricoxib, ibuprofen, indometacin, ketoprofen, mefenamic acid, naproxen, piroxicam, rofecoxib, salicylates, or sulindac.
- warfarin or heparin, medicines used to thin the blood
- furosemide, other diuretics or medicines used to treat high blood pressure
- Amiodarone or quinidine, two medicines used to treat fast, slow or irregular heart beats
- Ciclosporin, a medicine used to treat inflammatory conditions suppress the immune system
- Ketoconazole and itraconazole, medicines used to treat fungal infections
- Erythromycin, a commonly used broad-spectrum antibiotic
- Lithium, a tablet used to treat mood disorders
- Cortisone, dexamethasone, prednisolone, prednisone, or any other steroid medicine used to treat inflammatory conditions (e.g. skin rashes or asthma)
- Pemetrexed, a medicine injected into a vein that is used to treat some lung cancers
- Sulfonylureas, oral medicines used to treat diabetes
- citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, or sertraline, medicines used to treat depression and anxiety (called SSRIs).

**Medicines that may reduce the effect of Melobic include:**

- Cholestyramine, a medicine used for lowering blood fats (cholesterol).

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

## **4. How do I use Melobic?**

### **How much to take**

The dose depends on your condition and any medicines that you are taking.

#### Osteoarthritis (OA)

The usual starting dose for osteoarthritis is 7.5 mg, taken as a single dose each day. Depending on your response, your doctor may increase the single daily dose to 15 mg.

#### Rheumatoid arthritis (RA)

The usual dose for rheumatoid arthritis is 15 mg taken as a single dose each day. If needed, your doctor may reduce the single daily dose to 7.5 mg.

Ask your doctor for more information if you have been advised to take a different dose.

Patients with kidney problems undergoing dialysis should not take more than 7.5 mg each day.

Follow the instructions provided and use Melobic until your doctor tells you to stop

**Do not exceed the maximum recommended daily dose of 15 mg.**

### **When to take Melobic**

- Melobic should be swallowed whole with a full glass of water with or immediately after food. This may help reduce the risk of getting an upset stomach.
- Take Melobic once a day, at about the same time each day. Taking it at the same time each day will help you remember when to take it.

### **If you forget to use Melobic**

Melobic should be used regularly at the same time each day. If you miss taking your dose at the usual time, and it is 2-3 hours before 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, 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 not sure what to do, ask your doctor or pharmacist.

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

### **If you use too much Melobic**

If you think that you have used too much Melobic, 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.**

**The symptoms of an overdose may include:**

- nausea and/or vomiting
- headache
- drowsiness and/or dizziness
- blurred vision
- fits or seizures
- fainting, feeling weak, light-headed, tired, confused and having blurred vision (signs of low blood pressure)
- difficulty in breathing
- being unaware of what happens to you or around you
- changes in amount of urine, fluid retention, confusion, and/or nausea.

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

### Things you should do

If you are going to have surgery, tell the nurse, surgeon, or anaesthetist that you are taking Melobic. Melobic can slow down blood clotting and put you at risk of bleeding.

Keep your medical appointments so that your progress can be monitored.

Your doctor may want to perform tests now and then to detect any side effects, such as anaemia.

Continue taking Melobic for as long as your doctor tells you.

Talk to your doctor or pharmacist if you do not feel any better after several days of taking Melobic.

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

### Things you should not do

- Do not stop using this medicine your medicine or lower the dosage without speaking to your doctor first.

### Things to be careful of

Tell your doctor if you get an infection while using Melobic. Melobic may hide some of the signs of an infection, such as pain, fever, redness and swelling. You may think, mistakenly, that you have improved or that the infection is not serious.

### Driving or using machines

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

Melobic may cause dizziness or blurred vision in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous in some people

## Drinking alcohol

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

## Looking after your medicine

- Store Melobic 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.**

## 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 about side effects.

### Less serious side effects

Less serious side effects	What to do
<p><b>General problems:</b></p> <ul style="list-style-type: none"><li>• Flu-like symptoms: runny or blocked nose, cough, sore mouth or throat, discomfort when swallowing</li><li>• fatigue</li><li>• fluid retention in lower body</li><li>• swelling of hands, ankles or feet</li><li>• allergic reaction.</li></ul> <p><b>Gut and digestion:</b></p> <ul style="list-style-type: none"><li>• indigestion (stomach upset) including heartburn/reflux, feeling sick (nausea), vomiting, burping or passing more wind than usual, cramps, pain, constipation, loose stools (diarrhoea).</li></ul> <p><b>Nervous system:</b></p> <ul style="list-style-type: none"><li>• headache</li><li>• dizziness</li><li>• spinning sensation</li><li>• trouble sleeping</li><li>• drowsiness.</li></ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

<p><b>Skin:</b></p> <ul style="list-style-type: none"> <li>• itching or flaking</li> <li>• excessive sweating that's not related to heat or exercise</li> <li>• irritation of the moist internal linings of the body such as the mucous membranes (e.g. lips, mouth, throat, nasal passages, eyelids, intestines or genitals).</li> </ul> <p><b>Breathing:</b></p> <ul style="list-style-type: none"> <li>• cough</li> <li>• shortness of breath, chest tightness.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• dehydration</li> <li>• increased appetite.</li> </ul> <p><b>Muscle and bone:</b></p> <ul style="list-style-type: none"> <li>• back pain</li> <li>• pain or swelling in or near a joint</li> <li>• muscle spasms</li> <li>• aching muscles, muscle tenderness or weakness, not caused by exercise</li> <li>• pain in extremity.</li> </ul> <p><b>Infections:</b></p> <ul style="list-style-type: none"> <li>• runny or stuffy nose, sneezing, or swelling of the lining of the nose</li> <li>• swelling of the air-filled spaces in your forehead, cheeks or nasal passages.</li> </ul> <p><b>Urine:</b></p> <ul style="list-style-type: none"> <li>• blood in the urine.</li> </ul> <p><b>Blood:</b></p> <ul style="list-style-type: none"> <li>• increased blood pressure (BP) over several days (if self-checked at home with a suitable BP machine).</li> </ul>	
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<ul style="list-style-type: none"> <li>• any change in the amount or colour of urine.</li> </ul> <p><b>Eyes:</b></p> <ul style="list-style-type: none"> <li>• blurred vision or difficulty seeing.</li> </ul> <p><b>Lungs:</b></p> <ul style="list-style-type: none"> <li>• sharp chest pain, usually worse when you inhale or cough.</li> </ul> <p><b>Heart:</b></p> <ul style="list-style-type: none"> <li>• fast or irregular heartbeat</li> <li>• chest pain</li> <li>• swollen ankles or legs (oedema of the lower limbs).</li> </ul> <p><b>Severe allergic reaction:</b></p> <ul style="list-style-type: none"> <li>• shortness of breath</li> <li>• wheezing or difficulty breathing</li> <li>• swelling of the face, lips, tongue or other parts of the body</li> <li>• rash, itching or hives on the skin.</li> </ul> <p><b>Severe skin and soft tissue reactions:</b></p> <ul style="list-style-type: none"> <li>• sudden unexplained bruising or blood spots under the skin that were not caused by an injury</li> <li>• itching, blistering or peeling of the skin, which can be potentially life-threatening</li> <li>• rashes which may be caused by sunlight, can blister, and may take on the appearance of a severe burn</li> <li>• swelling of skin or mucosa, such as swelling around the eyes, face and lips, mouth or throat, possibly making breathing difficult.</li> </ul>	
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### Serious side effects

Serious side effects	What to do
<p><b>Gut and bowel:</b></p> <ul style="list-style-type: none"> <li>• bleeding from the back passage, black sticky stools or bloody diarrhoea</li> <li>• severe pain or tenderness in the stomach</li> <li>• vomiting of blood or material that looks like coffee grounds.]</li> </ul> <p><b>Liver:</b></p> <ul style="list-style-type: none"> <li>• yellowing of the skin or the whites of the eyes</li> <li>• pain in the abdomen</li> <li>• loss of appetite.</li> </ul> <p><b>Kidney and bladder:</b></p> <ul style="list-style-type: none"> <li>• any pain or difficulty when urinating</li> </ul>	<p><b>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.</b></p>

## Very Serious Side effects

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

Very serious side effects What to do	Very serious side effects What to do
<b>Signs of a stroke</b> <ul style="list-style-type: none"><li>weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body</li><li>slurred speech</li><li>difficulty speaking or understanding</li><li>loss of vision, sudden blurring or decreased vision in one or both eyes</li><li>Headache, usually severe and fast onset or unexplained change in the pattern of headaches.</li></ul>	<b>Call an ambulance (dial 000) at once if you experience these side effects.</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 Melobic contains

<b>Active ingredient (main ingredient)</b>	meloxicam
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>sodium citrate</li><li>lactose monohydrate</li><li>microcrystalline cellulose</li><li>povidone</li><li>crospovidone</li><li>colloidal anhydrous silica</li><li>magnesium stearate</li></ul>
<b>Potential allergens</b>	<b>lactose</b>

### What Melobic looks like

Melobic is the brand name of your medicine. It is available as tablets in two strengths.

Melobic 7.5 mg tablets Light yellow, round, uncoated tablet with score line between 'F' and '1' debossed on one side and plain on the other side.

Available in blister packs of 30 and 60's \* tablets.

Melobic 15 mg tablets - Light yellow, round, uncoated tablet with score line between 'F' and '2' debossed on one side and plain on the other side.

Available in blister packs of 30 and 60\* tablets.

\*Not distributed in Australia.

Melobic 7.5mg tablets: AUST R 188882

Melobic 15mg tablets AUST R 188883

### Who distributes Melobic

Melobic is supplied in Australia by:

Arrotex Pharmaceuticals Pty Ltd

15-17 Chapel St

Cremorne VIC 3121

Ph: 1800 195 055

This leaflet was prepared in October 2024