

# BENZHEXOL TABLET

Benzhexol Hydrochloride (2mg)

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## What Benzhexol Tablet is used for

Benzhexol Tablet contains the active ingredient benzhexol 2mg. it 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.

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

Benzhexol Tablet can also be used to help prevent and control side effects which are similar to Parkinson's disease such as tremors or shaking caused by certain other medicines.

## How Benzhexol Tablet works

Benzhexol Tablet 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.

## Before you use Benzhexol Tablet

### -When you must not use it

Do not take Benzhexol Tablet if you have an allergy to:

- any medicine containing benzhexol hydrochloride

- any of the ingredients listed at the end of this leaflet
- any other similar medicines

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, prostatic enlargement, paralytic ileus (functional bowel obstruction) or pyloric stenosis (uncommon condition in infants that blocks food from entering the small intestine).

Do not take Benzhexol Tablet if you have narrow angle glaucoma, a condition often associated with an increase in pressure of the eye.

Do not take Benzhexol Tablet if the packaging is torn or shows signs of tampering.

Do not take Benzhexol Tablet after the expiry date (EXP) printed on the pack. If you take it after the expiry date has passed, it may not work as well.

The safety and effectiveness of Benzhexol Tablet in children has not been established. Do not give this medicine to children unless prescribed by the child's doctor.

### -Before you start to use it

You must tell your doctor if:

1. You have any allergies to any other medicines, foods, preservatives or dyes.
2. Your doctor will discuss the risks and benefits of taking Benzhexol Tablet when breastfeeding.
3. You have or have had any other medical conditions including:
  - liver, kidney or heart disease
  - high blood pressure
  - problems with your stomach or bowel

- prostate problems

Inform your doctor immediately before taking Benzhexol Tablet if you did not tell your doctor about any of the above.

### -Taking other medicines

Tell your doctor if you are taking any other medicines, including medicines that you buy without a prescription from a pharmacy, medical hall or any other source.

These medicines may be affected by Benzhexol Tablet 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 Benzhexol Tablet.

Some medicines may interfere with Benzhexol Tablet. Those include:

- Concurrent use of Benzhexol and alcohol may increase the sedative effects of Benzhexol.
- Concurrent use with Central Nervous System (CNS) depressants may also cause increase in sedative effects.

## How to use Benzhexol Tablet

### -How much to use

The dose of Benzhexol Tablet 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.

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Some people may need to take a daily dose of 12 to 15 mg. Benzhexol should be given orally either 3 or 4 times a day at mealtimes.

If you are taking Benzhexol Tablet for tremors or shaking caused by other medicines, the usual daily dose is between 5 and 15 mg.

Always take the number of tablets the doctor has told you to take. The information on how much to take and how many times a day will be labeled on your medicine. If you do not understand the instructions, ask your doctor or pharmacist.

### -When to use it

Benzhexol Tablet may be taken with or without food.

Benzhexol Tablet makes some people feel very thirsty. How you react to Benzhexol Tablet will determine if it is better for you to take Benzhexol Tablet before or after meals.

If you salivate a lot, take Benzhexol Tablet after meals.

If you find Benzhexol Tablet makes your mouth very dry, take it before meals unless it makes you feel sick.

If you take Benzhexol Tablet after meals, mint candies, chewing gum or water can help lessen the thirst.

### -How long to use it

Continue taking Benzhexol Tablet as long as your doctor prescribes it. You may need to take Benzhexol Tablet indefinitely.

### -If you forget to use it

Take the missed 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 that you missed. This may increase the chance of you getting unwanted side effects.

### -If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Toxic doses result in restlessness, confusion and excitement and hallucination. In severe intoxication, depression of central nervous system may occur with circulatory failure and respiratory depression.

### **While you are using it**

#### -Things you must do

Take the medication exactly as your doctor prescribed.

- Tell your doctor or pharmacist if you experience any allergies to Benzhexol Tablet.
- If you need any other treatment, inform all the doctors, dentists and pharmacists that you are taking Benzhexol Tablet.
- Tell your doctor immediately if you become pregnant while taking this medication.
- The symptoms of your condition do not improve or become worse.

#### -Things you must not do

Do not give Benzhexol Tablet to anyone else, even if their symptoms seem similar to yours.

Do not take your medicine to treat any other complaints unless your doctor tells you to.

Avoid consuming alcohol while you are taking Benzhexol Tablet

#### -Things to be careful of

If you are pregnant, trying to get

pregnant or are breast-feeding, you should not take Benzhexol Tablet without discussing it with your doctor first.

### **Side effects**

Like all medicines, Benzhexol Tablet can cause side effects, although not everybody gets them.

Tell your doctor or your pharmacist if you notice any of the following and they worry you:

- dry mouth
- difficulty in swallowing
- thirst
- pupil dilatation with loss of accommodation and photophobia (sensitive to light)
- increased intraocular pressure (pressure inside the eye)
- flushing and dryness of the skin
- urinary retention (inability to empty the bladder completely)
- constipation

Occasionally vomiting, giddiness and staggering may occur.

Ask your doctor or pharmacist if you don't understand anything in this list.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [npra.moh.gov.my](http://npra.moh.gov.my) (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

### **Storage and Disposal of Benzhexol Tablet**

#### -Storage

Keep all medicines out of sight and reach of children.

Do not take this medicine after the expiry date stamped on the pack.

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Store below 30°C. Protect from light. Keep container tightly closed.

## -Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## **Product Description**

### -What it looks like

Yellow, round, flat bevelled edge tablet with KK on one side and plain on the other

### Ingredients

Active ingredient(s):  
Benzhexol Hydrochloride 2mg

Inactive ingredients:

Talcum, Quinoline Yellow, Starch, Acacia, Lactose, Sunset Yellow, Magnesium Stearate

### -MAL Number(s)

MAL19961328AZ

## **Manufacturer**

Pharmaniaga Manufacturing Berhad (60016-D),  
11A, Jalan P/1, Kawasan Perusahaan Bangi, 43650, Bandar Baru Bangi, Selangor Darul Ehsan, Malaysia.

## **Product Registration Holder**

Pharmaniaga Manufacturing Berhad (60016-D),  
11A, Jalan P/1, Kawasan Perusahaan Bangi, 43650, Bandar Baru Bangi, Selangor Darul Ehsan, Malaysia.

## **Date of Revision**

21/12/2017

## **Serial Number**

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