

ACTIMIN TABLET

Triprolidine Hydrochloride / Pseudoephedrine Hydrochloride (2.5mg / 60mg)

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What ACTIMIN is used for

This medicine is used to treat all disorders of the upper respiratory tract. These include:

- Allergic rhinitis (inflammation of nasal airways)
- Nasal congestion
- Hay fever
- Common cold
- Otitis media (middle ear infection)

How ACTIMIN works

The tablets contain pseudoephedrine hydrochloride, which is a decongestant that relieves nasal and sinus congestion and triprolidine hydrochloride which is an antihistamine that helps stop sneezing, runny nose and watery eyes.

Ask your doctor if you have any questions about why this medicine has been prescribed for you. Your doctor may have prescribed it for another reason.

Before you use ACTIMIN

When you must not take it

Do not take this medicine if you have an allergy to:

- Triprolidine hydrochloride, pseudoephedrine hydrochloride or any of the other ingredients listed

at the end of this leaflet under Product description

- any other similar medicines

Do not take ACTIMIN if you:

- have very high blood pressure
- have severe heart disease
- have ever had a bad reaction to any of the ingredients
- are taking, or have taken in the last two weeks, drugs for depression known as Monoamine Oxidase Inhibitors (MAOIs).
- are taking furazolidone (an antibacterial agent)

If any of these apply to you, get advice from a doctor or pharmacist.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have had any of the following medical conditions:

- kidney problems
- liver problems
- high blood pressure
- heart disease
- diabetes
- intolerance to some sugars
- overactive thyroid gland
- glaucoma

- prostate problem

Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breastfeeding.

If you have not told your doctor about any of the above, tell him/her before you start taking ACTIMIN.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and ACTIMIN may interfere with each other.

These include:

- decongestant
- appetite suppressant
- monoamine oxidase inhibitor
- anti-hypertensive medicines
- other antihistamine
- sedatives

These medicines may be affected by ACTIMIN 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 and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to use ACTIMIN

Follow all directions given to you by your doctor or pharmacist carefully. They may differ from the information contained in this leaflet.

If you do not understand the instructions, ask your doctor or pharmacist for help.

How much to use

The recommended dose of ACTIMIN is:

Adults and children over 12 years:

1 tablet, 3 to 4 times a day as needed.

Children 6 – 12 years:

Half tablet, 3 to 4 times a day as needed.

Ask your doctor or pharmacist if you are unsure of the correct dose for you. They will tell you exactly how much to take.

When to use it

Take ACTIMIN as your doctor or pharmacist has prescribed.

How long to use

Continue taking your medicine for as long as your doctor or pharmacist tells you.

If you forget to use it

Take your dose as soon as you remember, and continue to take it as you would normally.

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 an unwanted side effect.

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 (overdose)

Immediately telephone your doctor for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much ACTIMIN.

If use overdose of Actimin may cause:-

- drowsiness
- weakness
- incoordination
- difficulty with micturition
- respiratory depression
- hypotension (low blood pressure)
- agitation
- irritability
- convulsions (
- hypertension (high blood pressure)
- palpitations (heart rate)
- tachycardia (abnormal rapid heartbeat)

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

While you are using it

Things you must do

Always follow your doctor's instructions carefully.

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking ACTIMIN.

Tell your doctor if you become pregnant while taking this medicine.

Things you must not do

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

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

Things to be careful of

Be careful driving or operating machinery until you know how ACTIMIN affects you. This medicine may cause dizziness or light-headedness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

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

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking ACTIMIN. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- Inability to concentrate
- Dizziness
- Low blood pressure
- Muscular weakness
- Lassitude (weakness) and incoordination

These are the more common side effects of ACTIMIN.

Other side effects include:

- Nausea
- Vomiting
- Diarrhoea or constipation

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Monitoring by calling Tel: 03-78835550, or visiting the website portal.bpfk.gov.my (Consumers → Reporting).

Storage and disposal of ACTIMIN

Storage

Keep your medicine in the original container. If you take it out of its original container it may not keep well.

Keep your medicine in a cool dry place where the temperature stays below 25°C. Protect from light.

Do not store ACTIMIN or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Medicines should not be disposed of via wastewater or household waste. These measures will help to protect the environment.

Product Description

What it looks like

ACTIMIN tablet is a round, blue tablet, 7mm in diameter with marking 'd'.

Ingredients

Active ingredient:

- Tripolidine hydrochloride
- Pseudoephedrine hydrochloride

Inactive ingredients:

- Promigel
- Brilliant Blue
- Lactose
- Aerosil
- Cornstarch
- Polvinylpyrrolidone
- Isopropyl alcohol
- Magnesium stearate

MAL number

MAL19890164A

Manufacturer

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Product Registration Holder

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