

DIMENATE TABLET/SYRUP

Dimenhydrinate (50mg, 15mg/5ml)

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What Dimenate is used for

Dimenate is used to treat motion sickness. It is also used to treat nausea and spinning sensations (*vertigo*) due to Ménière's disease and other ear disturbances that cause these symptoms.

How Dimenate work

Dimenate belongs to a group of medications called antiemetics. Dimenate works by affecting the vomiting centre in the brain. It works to relieve vertigo by affecting the brain and the inner ear.

Before you use Dimenate

-When you must not take it

Do not take Dimenate if:

- You are allergic (hypersensitive) to dimenhydrinate or any of the other ingredients
- you are taking medicines for depression known as Monoamine Oxidase Inhibitors (MAOIs) unless the potential advantage justifies the possible risk to the foetus.
- You are pregnant, likely to get pregnant, or are breast-feeding

-Before you start to take it

You should check with your doctor or pharmacist before taking Dimenate.

Driving and operating machine

This medicine may cause drowsiness. If affected, do not drive or operate machinery. Avoid alcoholic drink.

-Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription, including the following:

- aminophylline, to treat breathing difficulties
- glycopyrronium bromide, to treat abnormally increased sweating/perspiration,
- hydrocortisone sodium succinate, to reduce inflammation usually in the form of injection
- hydroxyzine hydrochloride, used for relief of anxiety and tension
- contrast agents such as iodipamide and meglumine
- phenothiazine, a type of medicine to treat serious mental and emotional disorders
- barbiturate, a type of sedative medicine.

How to take Dimenate

-How much to take

Adults

50 to 100mg 4 hourly (Maximum 300mg daily)

Children

2-5 years: 12.5 to 25mg, 2 to 3 times a day.

6-12 years: 25 to 50mg, 2 to 3 times a day.

Repeated in accordance with needs of the person.

-When to take it

Take the first dose at least 30 minutes before activity or travel for motion sickness.

If you are not sure, check with your doctor or pharmacist.

-How long to take it

Always take Dimenate exactly as long as your doctor has told you. If you are not sure, check with your doctor or pharmacist.

-If you forget to take it

If you forget to take a dose, take it as soon as you remember it and then take the next dose at the right time.

Do not take a double dose to make up for a forgotten dose.

-If you take too much (overdose)

If you (or someone else) took a lot of tablets/syrup at the same time, or you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately.

Some symptoms of overdosage includes:

- drowsiness,
- ataxia (loss of full control of bodily movements),
- disorientation,
- nystagmus (involuntary eye movement),
- convulsions,
- stupor (a state of near-unconsciousness or insensibility),
- coma,
- respiratory depression (breathing difficulty).

While you are taking Dimenate

-Things you must do

If the symptom still persists or not lighten after a few days, please consult your doctor.

-Things you must not do

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

Do not take Dimenate to treat any other complaints unless your pharmacist or doctor tells you to.

Do not take more than the recommended dose unless your pharmacist or doctor tells you to.

-Things to be careful of

Dimenate tablets contain lactose. If you have been told you have intolerance to some sugars, contact your doctor before taking this medicine.

Side Effects

Like all medicines, Dimenate may cause side effects, although not everybody gets them.

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Consult doctor or pharmacist for further information if you notice any of the following and they worry you:

- Drowsiness
- headache
- dry mouth
- gastro-intestinal disturbances
- blurred vision.

Consult doctor or pharmacist for further information if you notice any other side effects and they worry you.

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 portal.bpfk.gov.my (Consumers → Reporting).

Storage and Disposal of Dimenate

-Storage

Keep all medicines out of the reach of children.
Store below 30°C. Protect from Light.

-Disposal

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

Return any unused tablets/syrups to your pharmacist to be disposed of. Only keep the tablets/syrups if your doctor tells you to. Do not throw them away in your normal household drainage or waste. This will help to protect the environment.

Product Description

-What it looks like

Dimenate Tablet:
Yellow, round and flat tablets with 8 mm diameter, score-line on one side and plain on the other side.

Dimenate Syrup

A clear red syrup, sweet taste with cherry flavour.

-Ingredients

Active Ingredient

Each tablet contains 50mg dimenhydrinate
Each 5ml syrup contains 15mg dimenhydrinate

Inactive ingredients

Dimenate Tablet:

Lactose mesh 200, povidone 30, sodium starch glycolate, corn starch, magnesium stearate, sunset yellow No.6 aluminium lake, quinoline yellow E104 aluminium lake

Dimenate Syrup

Methyl hydroxybenzoate, Propyl hydroxybenzoate, cherry oil, carmoisine water soluble, chloroform spirit, granulated fine white sugar, propylene glycol, sodium saccharin, purified water

-MAL Number

Dimenate Tablet:
MAL19890534A

Dimenate Syrup

MAL19890530A

Manufacturer

Drug Houses of Australia Pte. Ltd.
#09-01/02 Haw Par Tiger Balm Building,
No. 2, Chia Ping Road,
Singapore 619968

Product Registration Holder

Actavis Sdn Bhd (760427-P)
C/o Allergan Malaysia Sdn Bhd
Level 5-02, Block A, PJ 8, No. 23, Jalan Barat Seksyen 8,
46050 Petaling Jaya, Selangor,
Malaysia

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