

# Stugeron<sup>TM</sup> 15

## cinnarizine

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

## 1 What the medicine is for

Stugeron 15 is a medicine, which is used to control travel sickness. The tablets contain cinnarizine, which is an anti-nauseant that helps reduce feelings of nausea during travel.

This medicine is for use in adults and children aged 5 years and over.

## 2 Before taking this medicine

This medicine is suitable for most adults and children, but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

- ❌ **Do not use this medicine...**
  - If you have ever had a **bad reaction** to any of the ingredients.
  - If it is for a child **under 5 years old**.
  - If you are **breast-feeding**.

If any of these apply to you, **get advice from a doctor or pharmacist without using Stugeron 15.**

### ⚠️ Talk to your doctor or pharmacist before taking this medicine...

- If you have **Parkinson's Disease**.
  - If you have **porphyria** (a hereditary **blood disorder**).
  - If you have **liver or kidney problems**.
  - If you are **fructose and galactose intolerant**.
  - If you are taking **alcohol**.
  - If you are taking any **other medicines**, including:
    - **Tranquilisers** (drugs used to **relax muscles** or **decrease anxiety**).
    - **Tricyclic antidepressants** or **hypnotics** (drugs used to treat **mood or sleep disorders**).
- If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist. If any of these bullet points apply to you now or in the past, talk to a doctor or pharmacist.

### ⚠️ If you are pregnant or breast-feeding

- Do not take this medicine if you are breast-feeding. Talk to your doctor or pharmacist before taking this medicine if you are pregnant, think you might be pregnant or are planning to become pregnant.

### ⚠️ Special warnings about this medicine

- This medicine could affect your reaction to skin tests used to investigate allergies. If you have taken Stugeron 15 within 4 days before a test, tell your doctor.
- The combined effect of Stugeron 15 and **alcohol** may make you feel drowsy, therefore avoid **alcohol** while taking this medicine.
- The combined effect of Stugeron 15 and **tricyclic antidepressants** and **hypnotics** (drugs used to treat **mood or sleep disorders**) may make you drowsy.
- Some people may experience stomach discomfort after taking Stugeron 15. Taking Stugeron 15 after a meal may help reduce the possibility of stomach discomfort.

### Driving and using machines

- Some people may feel drowsy after taking Stugeron 15. If you are affected in this way, do not drive or operate machinery.

### ⚠️ Some of the ingredients can cause problems

- If you have been told you have an intolerance to some sugars, contact your doctor before taking this medicine.

## 3 How to take this medicine

### Check the table that follows to see how much medicine to take.

- Do not use more than the stated dose shown in the table.
- Stugeron 15 should preferably be taken after meals.
- For oral use only.
- The tablets may be sucked, chewed or swallowed whole with water.

### 👤 Children under 5 years

Stugeron 15 is not recommended for children under 5 years old.

### 👤 Adults and children 5 years and over

Age	Dose
<b>Children aged 5 – 12 years</b>	Take <b>1 tablet</b> two hours before travelling and <b>½ tablet</b> every eight hours during the journey.
<b>Adults and children over 12 years</b>	Take <b>2 tablets</b> two hours before travelling and <b>1 tablet</b> every eight hours during the journey.

turn over ▶



### 3 How to take this medicine (continued)

#### ⚠ If anyone takes too much

If anyone takes too many Stugeron 15 tablets, contact a doctor or nearest Accident and Emergency department (Casualty) taking this leaflet and pack with you.

#### ⚠ If you forget to take the medicine

You should only take this medicine as required following the dosage instructions above carefully. If you forget to take a dose, you can take another tablet as long as you leave 8 hours between doses. Do not take a double dose.

### 4 Possible side-effects

Stugeron 15 tablets can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

#### If you experience the following, stop using the medicine and tell your doctor straightaway:

- Allergic reactions: Some people may be allergic to these tablets. Signs of allergy include rash (such as hives); wheezing; breathlessness; swollen eyelids, face or lips; complete collapse.

If you get any of these symptoms soon after taking Stugeron 15, don't take any more.

Tell a doctor straight away. Take the packaging and this leaflet with you.

#### Common: may affect up to 1 in 10 people

- Drowsiness
- Nausea
- Upset stomach
- Increased weight

#### Uncommon: may affect up to 1 in 100 people

- Tiredness
- Vomiting
- Abdominal pain, upper
- Increased sweating
- Skin lesion

#### Other effects which may occur but it is unknown how often:

- Headache
- Dry mouth
- Yellow colouration of skin and eyes

A small number of people, mostly elderly patients taking Stugeron for a long time, may experience twitching or jerky body movements, muscle stiffness, feeling restless, trembling or a slowness of movement.

In a few instances, mainly when Stugeron is used for a long time, rashes and itchy bumps on the skin may occur, sometimes with mouth sores.

#### Reporting of side-effects

If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side-effects you can help provide more information on the safety of this medicine.

### 5 Storing this medicine

Keep out of the sight and reach of children.

Do not use after the end of the month shown as an expiry date on the packaging.

There are no special storage conditions for this product. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

### 6 Further information

#### What's in this medicine?

The active ingredient in Stugeron 15 tablets is: Cinnarizine 15 mg.

**Other ingredients are:** Lactose monohydrate, maize starch, sucrose, talc, magnesium stearate, povidone.

#### What the medicine looks like

Stugeron 15 tablets are white, round tablets marked S/15 on one side. They are available in packs of 15 tablets.

#### Product Licence holder:

McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

#### Manufacturer:

Janssen-Cilag, Domaine de Maigreumont, 27100 Val de Reuil, France.

**This leaflet was revised November 2019.**

Stugeron is a registered trade mark.

### 7 What you can do to help stop these symptoms

#### At Sea:

Where possible, stay on deck and keep your eyes on the horizon. Keep away from diesel and galley smells. Avoid rich and fatty foods while travelling.

#### On the road:

If possible, keep looking ahead into the distance. Travel in daylight and try to make sure that children can see forwards out of the windscreen. Avoid reading and travel with a window open. Avoid rich and fatty foods.

