

Goutnor Tablet

Colchicine (0.5mg, 0.6mg)

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What Goutnor is used for

Colchicine is an anti-gout agent. Goutnor are used to treat acute gout. They are also used to prevent flare-ups of gout when treatment is started with allopurinol and uricosuric drugs.

How Goutnor works

In gout, crystals of uric acid are deposited in joints causing pain and inflammation. Colchicine is considered to act against the inflammatory response to urate crystals, by possibly inhibiting the migration of granulocytes into the inflamed area. Other properties of colchicine, such as interaction with the microtubules, could also contribute to the operation.

Before you use Goutnor

When you must not use it

Do not take Colchicine if:

- you are allergic to colchicine or any of the other ingredients of this medicine
- you have blood disorder
- you are pregnant
- you are breast-feeding
- you have severe kidney or liver problems
- you are undergoing haemodialysis
- you have uric acid kidney stone
- You are under 2 years of age

If you are not sure whether any of the above apply to you, talk to your doctor or pharmacist before taking colchicine tablets.

Before you start to use it

Talk to your doctor or pharmacist before taking Colchicine Tablets if you:

- have problems with your heart, kidneys, liver or digestive

system

- are elderly and weak
- have a blood disorder
- have intolerance to some sugars (This product contains lactose)

Taking other medication

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. When Colchicine Tablets are taken together with any of the following medicines, side effects due to colchicine toxicity are more likely and these can be serious and life-threatening:

- Certain antibiotics such as clarithromycin, erythromycin, telithromycin, azithromycin (used to treat infections) and Nefazodone.
- HIV protease inhibitors
- Ciclosporin (used to prevent organ rejection after a transplant, psoriasis and rheumatoid arthritis)
- Anti-fungal medicines such as ketoconazole, and itraconazole.
- Certain heart medicines such as verapamil and diltiazem.

If you are taking any of the above medicines, your doctor may want to adjust your dose of Colchicine Tablets or temporarily stop your treatment with Colchicine Tablets. If you have liver or kidney problems and you are taking any of the above medicines, you should stop taking colchicine tablets.

Avoid consuming grapefruit and grapefruit juice while using colchicines.

It is also important to tell your doctor or pharmacist if you are taking any of the following medicines:

- Cimetidine (used to reduce stomach acid), as it may increase the amount of colchicine in your blood.
- Tolbutamide (used to control blood sugar), as it may increase the amount of colchicine in your blood.
- Taking colchicine tablets together with cyclosporin or

"statin" also increases your risk of developing this disease.

How to use Goutnor

Always take this medicine exactly as your doctor or pharmacist has told you. Colchicine Tablets should be swallowed whole with a glass of water.

How much to use

Patients vary widely in their ability to tolerate the drug. Dosage should be varied according to body weight or individual reaction to colchicine toxicity.

Acute gout

1-2 tablets every 2 hours until the pain is relieved or until nausea, vomiting and diarrhea occurs.

Pain and swelling usually abate within 12 hours and are usually gone within 48-72 hours.

Prophylaxis

Depending on the severity and patient's response and tolerance, the dosage varies from 1 tablet daily 1-4 times weekly to 1 tablet daily.

Pseudogout

To relieve acute attack, 1-2 tablets every 2 hours until the pain is relieved or until nausea, vomiting and diarrhea occurs.

Prophylaxis

Depending on the severity and patient's response and tolerance, up to 2 tablets daily.

When to use it

You can use it for the following purposes:

- Treatment of acute gout
- Prophylaxis of gout attack during initiation of therapy with allopurinol and uricosuric drugs

How long to use it

You should not take more than 12 Colchicine Tablets as a course of treatment. After completion of a course of Colchicine Tablets, you should not start another course for at least three days.

If you forget to use it

If you forget to take a dose, take another as soon as you remember. If it is almost time for your next dose, do not take the missed dose at all. Do not take a double dose to make

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up for a forgotten tablet. Do not take Colchicine Tablets with a shorter interval than prescribed by your doctor. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

If you use too much (overdose)

If you take more Colchicine Tablets than you are supposed to, contact your doctor or nearest hospital accident and emergency department immediately.

At too high a dose Colchicine Tablets can be seriously toxic, even fatal. It may cause burning feeling in stomach, throat or skin; vomiting; convulsions; diarrhea, fever, muscle weakness; pulmonary edema; respiratory depression or renal failure. Colchicine should be withdrawn or the dose reduced if adverse gastrointestinal effects occur.

While you are using Goutnor

Things you must do

Follow the instruction on how to administer Goutnor from your healthcare professionals. Identify the symptoms and needs that prompt you to see a doctor immediately.

Things you must not do

Do not overdose yourself with Goutnor or take other concurrently medications without consulting your doctor or pharmacist.

Things to be careful of

Look out for symptoms of Colchicine overdose or intolerance.

Side effects

If you notice any of the following side effects, stop taking Colchicine Tablets and immediately contact a doctor or the nearest hospital accident and emergency department:

- Nausea (feeling sick), vomiting (being sick), abdominal pain and diarrhea.
- Symptoms such as fever, inflammation of the mouth, sore throat, prolonged bleeding, bruising or skin problems. These could be signs that you have a serious blood problem

as a result of bone marrow depression.

- Inflammation of the nerves which can cause pain, weakness, tingling or numbness
- Nerve damage
- Gastrointestinal bleeding
- Liver damage
- Rash
- Pain or weakness in muscles
- Abnormal muscle breakdown which can lead to kidney problems (rhabdomyolysis)
- Kidney damage
- Absence of menstrual periods
- Painful periods
- Hair loss

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers] Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and disposal of Goutnor

Keep this medicine out of the sight and reach of children. Store in the original package in order to protect from light. Do not use this medicine after the expiry date which is stated on the carton and blister after EXP. The expiry date refers to the last day of that month.

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.

Product description

What it looks like

Goutnor 0.5

A white to off white round shaped tablet with 'C' engraved on one side.

Goutnor 0.6

A white to off white round shaped tablet with breaking line on one side.

Ingredients

Active ingredient:

Colchicine

Other ingredients:

Lactose monohydrate, corn starch, magnesium stearate, povidone k30, isopropyl alcohol purified water, talc, colloidal silicone dioxide

MAL number

Goutnor 0.5mg

MAL11035010AZ

Goutnor 0.6mg

MAL11035011AZ

Manufacturer & Product registration holder

Noripharma Sdn. Bhd.
Lot 5030, Jalan Teratai,
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41050 Klang, Selangor
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Date of revision

28/4/2023

Serial Number

NPRA(R2/1)230427/1050