

# METHYLDOPA REMEDICA 250 mg FILM-COATED TABLETS

Methyl dopa anhydrous (250 mg)

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## What Methyl dopa Remedica is used for

Methyl dopa Remedica is indicated for the treatment of moderate to severe hypertension.

## How Methyl dopa Remedica works

Methyl dopa, the active ingredient of Methyl dopa Remedica tablets, belongs to the general class of medicines called antihypertensives.

Methyl dopa is converted to a natural chemical in the body which acts to lower blood pressure.

## Before you use Methyl dopa Remedica

### - When you must not use it

Do not take Methyl dopa Remedica:

- If you have had an allergy (hypersensitive) to methyl dopa or to any of the other ingredients of this medicine
- If you ever had liver disease
- If you ever had depression
- If you are taking MAOIs (monoamine oxidase inhibitors) for depression
- If you have high blood pressure due to a tumour near your kidney called 'phaeochromocytoma' or 'paraganglioma'
- Porphyria (a rare, inherited blood disorder)

If you think any of these apply to you, do not take Methyl dopa Remedica. Inform your doctor.

### - Before you start to use it

Talk to your doctor or pharmacist before taking Methyl dopa Remedica:

- If you have a blood disorder called haemolytic anaemia
- If you have leucopenia (decreased number of white blood cells)
- If you have liver problems
- If you have jaundice (yellowing of the skin and eyes)
- If you have fever
- If you have dialysis
- If you have laboratory test
- If you have an operation

### *Pregnancy and lactation*

Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breast-feeding before using any medicine.

### - Taking other medicines

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

Do not take Methyl dopa Remedica if you are taking a type of medicine called a 'monoamine oxidase inhibitor' (MAO inhibitor) used to treat depression.

It is particularly important that you tell your doctor or pharmacist if you are taking any of the following before taking Methyl dopa Remedica:

- Other medicines for high blood pressure (antihypertensives).
- Lithium (used to treat some types of depression)
- Medicines called 'phenothiazines' such as chlorpromazine (used for mental illness and sometimes feeling and being sick)
- Medicines called 'tricyclic antidepressants' (used to treat depression)

- Sympathomimetics medicines used mainly for coughs and colds (e.g. Ephedrine or Salbutamol)
- MAOIs (monoamine oxidase inhibitors) used to treat depression (e.g. Phenelzine)
- Iron and supplements containing iron, such as multivitamins with minerals

If you are not sure if any of the above applies to you, talk to your doctor or pharmacist before taking Methyl dopa Remedica.

## How to use Methyl dopa Remedica

### - How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

The recommended dose is:

- Adults: Initial - Oral, 250 mg two or three times a day for two days, the dosage then being adjusted as directed.
- Maintenance: Oral, 500 mg to 2 g a day, divided into two to four doses, not exceeding 3 g daily.
- Children: Oral, initially 10 mg per kg of body weight daily, divided into two to four doses, the dosage then being adjusted as directed, not exceeding 65 mg per kg of body weight or 3 g daily, whichever is less

### - When to use it

Use as directed by your doctor or pharmacist.

### - How long to use it

Use Methyl dopa Remedica for the duration that doctor recommends.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- 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 use too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too much tablets may cause excessive drowsiness, weakness, slow heart rate, low blood pressure, dizziness, light-headedness, painful infrequent bowel movements, bloated feeling, wind, diarrhoea, feeling or being sick.

**While you are using it**

- Things you must do

Use your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are using Methyldopa Remedica.

Tell your doctor you are taking Methyldopa Remedica if you are going to have dialysis, or if you are to have an operation, or a blood transfusion as Methyldopa Remedica may affect these.

Tell your doctor immediately if you become pregnant while using this medication.

Tell your doctor you are taking Methyldopa Remedica if you have a

laboratory test where a urine or blood sample is taken.

- Things you must not do

Do not stop using this medicine unless advised by your doctor

Do not use any new medicine without consulting your doctor or pharmacist.

Do not give Methyldopa Remedica to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Driving and using machines

This medicine may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

**Side effects**

Like all medicines, Methyldopa Remedica can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any side effects after using this medicine.

The following side effects have been reported:

- Sedation
- Headache
- Weakness

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

**Storage and Disposal of Methyldopa Remedica**

- Storage

Keep this medicine out of reach and sight of children.

Do not use this medicine after the expiry date. The expiry date refers to the last day of that month.

Store below 30°C. Protect from light and moisture.

- 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, film-coated tablets, with Remedica's logo on one side and embossed with 'MD250' on the other side.

- Ingredients

- Active ingredient:

*Methyldopa:*

Each film-coated tablet contains methyldopa equivalent to 250mg anhydrous methyldopa

- Inactive ingredients:

Povidone, glycerol, cellulose microcrystalline, magnesium stearate, silica colloidal anhydrous, disodium edetate, citric acid, talc, hypromellose, macrogol 400, titanium dioxide, ferric oxide yellow E172.

- MAL number:

MAL

**Manufacturer**

Remedica Ltd  
Aharnon Str., Limassol Industrial Estate,  
3056 Limassol, Cyprus.

**Product Registration Holder**

Eucogen Sdn. Bhd.,  
No. 6A, Jalan Sungai Burung U 32/U,  
Bukit Rimau, Seksyen 32, 40460  
Shah Alam.

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