

BEMETHA TABLET 0.5MG

Betamethasone (0.5mg)

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What Bemetha Tablet 0.5mg is used for

Bemetha Tablet 0.5mg is used to treat symptoms associated with inflammatory processes and/or allergic reactions, which may include:

- swelling
- redness
- itching

It is also used to suppress congenital adrenal hyperplasia (a group of inherited disorders of the adrenal gland) and cerebral oedema (excess accumulation of fluid in the brain).

Although Bemetha Tablet 0.5mg may relieve the symptoms of these diseases, it will not cure them.

How Bemetha Tablet 0.5mg works

Bemetha Tablet 0.5mg contains betamethasone as the active ingredient. Betamethasone is a glucocorticoid and belongs to a group of medicines called corticosteroids.

Before you use Bemetha Tablet 0.5mg

- When you must not use it

Bemetha Tablet 0.5mg should not be used if you have allergy to:

- betamethasone
- any of the ingredients listed at the end of the leaflet
- any other corticosteroid medicines

Some of the symptoms of an allergic reaction may include:

- shortness of breath, wheezing, difficulty breathing or a tight feeling in your chest
- swelling of the face, lips tongue or other parts of the body
- rash, itching, hives or flushed, red skin

Do not take Bemetha Tablet 0.5mg if you have serious and short term infections as it will interfere with inflammatory and immunological responses.

- Before you start use it

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

Tell your doctor if you are pregnant or intended to be pregnant. If it is necessary for you to start Bemetha Tablet 0.5mg, your doctor will discuss the benefits or risks of using it during pregnancy.

Tell your doctor if you are breastfeeding or plan to breastfeed. The active ingredient in Bemetha Tablet 0.5mg passes into breast milk and may affect your baby. If there is a need to use Bemetha Tablet 0.5mg, your doctor will discuss the benefits or risks of using it during breastfeeding.

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

- recent intestinal anastomoses (surgical procedure to connect two distant portion of the intestine)
- heart diseases
- high blood pressure
- kidney or liver impairment
- diabetes
- high blood lipid (fat) level
- fungal infections
- glaucoma (increased pressure in the eye)
- osteoporosis (weak and brittle bones)
- hypoalbuminemia (low blood level of albumin)
- herpes infection of the eye, lips, mouth or gums
- thyroid problems
- systemic lupus erythematosus (an autoimmune disease in which the body's immune system mistakenly attacks healthy tissue)
- tuberculosis (serious infectious disease that mainly affect the lungs)
- have pheochromocytoma (a tumour of the adrenal gland)

- Taking other medicines

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

Some medicines and Bemetha Tablet 0.5mg may interfere with each other. These include:

- estrogen hormone
- digitalis glycosides, medicine used to treat heart failure
- barbiturates
- medicines used to treat epilepsy such as carbamazepine, phenytoin, and primidone
- certain antibiotics such as rifampicin
- anti-inflammatory such as salicylates and non-steroidal anti-inflammatory drugs (NSAIDs)
- anticoagulants, medicines used to stop blood clot
- folic acid

These medicines may be affected by Bemetha Tablet 0.5mg or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Some medicines may increase the effects of Bemetha Tablet 0.5mg and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV such as cobicistat).

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to use Bemetha Tablet 0.5mg

- How much to use

For adult, 0.5-7mg daily as a single dose or in divided dose.

- When to use it

Take Bemetha Tablet 0.5mg as your doctor has prescribed.

- How long to use it

Continue taking your medicine for as long as your doctor recommends.

- If you forget to use it

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

Otherwise, take it as soon as you remember, then go back to taking it as you would normally.

Do not try to make up for missed doses by taking more than one dose at a time. 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 Bemetha Tablet 0.5mg.

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

If you become pregnant while taking Bemetha Tablet 0.5mg, tell your doctor immediately.

Check with your doctor about drinking alcohol. If you drink alcohol while taking Bemetha Tablet 0.5mg, the risk of getting ulcers or bleeding is increased.

Tell all doctors, dentists and pharmacists who are treating you that you are taking Bemetha Tablet 0.5mg.

If you are about to start any new medicines, tell your doctor and pharmacist that you are taking Bemetha Tablet 0.5mg.

Ask your doctor when and how you should stop taking Bemetha Tablet 0.5mg.

If you have been taking it for a long time, your doctor may gradually reduce the amount you are taking over a period of several days, weeks or months before stopping completely.

Withdrawal symptoms include malaise, muscle weakness, muscle or joint pain, abdominal or back pain, dizziness, fainting, low-grade fever, prolonged loss of appetite, nausea, vomiting, shortness of breath, frequent or continuing unexplained headaches, unusual tiredness or weakness, rapid weight loss, low blood glucose level, low blood pressure and dehydration. Reappearance of disease may also occur.

If you have been taking Bemetha Tablet 0.5mg for a short period of time, this may not apply to you.

- Things you must not do

Do not give Bemetha Tablet 0.5mg to anyone else, even if they have the same symptoms or condition as you.

Do not use Bemetha Tablet 0.5mg to treat any other complaints unless your doctor tells you to.

- Things to be careful of

Be careful driving or operating machinery until you know how Bemetha Tablet 0.5mg affects you.

This medicine may cause dizziness or lightheadedness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

Side effects

Like all medicines, Bemetha Tablet 0.5mg can cause side effects, although not everybody gets them.

Tell your doctor if you notice any of the following:

- increased appetite
- indigestion
- nervousness or restlessness
- trouble in sleeping
- cataracts (clouding of the lens in the eye that affects vision)
- change in skin colour
- dizziness or lightheadedness
- flushing of face or cheeks
- unusual increase in hair growth on body or face

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 Reaction Monitoring by visiting the website npra.gov.my (Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI).^R)

Storage and disposal of Bemetha Tablet 0.5mg

- Storage

Keep your medicine in the pack until it is time to take them. If you take the medicine out of the pack, they will not keep well.

Keep the medicine in a cool dry place where the temperature stays below 30°C. Protect from light.

Do not store Bemetha Tablet 0.5mg or any other medicine in the bathroom or near a sink. Do not leave it in the car or on window sills. Heat and dampness can destroy some medicines.

Keep Bemetha Tablet 0.5mg 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

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

Bemetha Tablet 0.5mg is an 8mm diameter, round, flat, scored, blue tablet.

- Ingredients

- Active ingredient
Each Bemetha Tablet 0.5mg contains 0.5mg betamethasone.
- Inactive ingredients
 - Sodium starch glycolate
 - Lactose
 - Tween 80
 - Corn starch
 - Magnesium stearate
 - F D & C Blue 1

- MAL number:
MAL19870588AZ

Manufacturer

Duopharma Manufacturing (Bangi) Sdn. Bhd.
Lot No. 2&4, Jalan P/7, Section 13,
Bangi Industrial Estate 43650
Bandar Baru Bangi
Selangor

Product Registration Holder

Duopharma Manufacturing (Bangi) Sdn. Bhd.
Lot No. 2,4,6,8 &10 Jalan P/7,
Section 13,
Bangi Industrial Estate,
43650, Bandar Baru Bangi
Selangor

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