

XANAPAM TABLETS 0.5MG and XANAPAM TABLETS 1MG

Alprazolam (0.5mg and 1mg)

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What Xanapam Tablet is used for

Alprazolam is the active ingredient of Xanapam Tablet.

It is used for the management of anxiety disorders or the short-term relief of anxiety or anxiety associated with depressive symptoms. It is also used in the management of panic disorder with or without agoraphobia (an intense fear and anxiety of being in places where it is hard to escape, or where help might not be available).

How Xanapam Tablet works?

Alprazolam is a benzodiazepine which acts on chemicals in the brain.

Before you take Xanapam Tablet

- When you must not take it

- If you have known hypersensitivity to alprazolam or any other ingredients of Xanapam Tablet.
- If you have known hypersensitivity to benzodiazepines
- If you have breathing problem, acute lung insufficiency (failure of lung valve to prevent backflow of blood to heart) and severe liver impairment.
- It is not recommended for phobic (persistent fear of an object or situation), obsessional states (an anxiety disorder characterized by intrusive thoughts that produce uneasiness, apprehension, fear or worry, repetitive behaviors aimed at

reducing the associated anxiety) and chronic psychosis.

- If you are using it for short term mild anxiety such as anxiety or tension associated with the stress of everyday life. It should also not to be used for long term chronic treatment.

- Before you start to take it

You must tell your doctor if:

- you have allergies to any medicine which you have taken previously to treat your current condition.
- you are pregnant, trying to become pregnant or breast-feeding.
- If you are younger than 18 years of age as the safety and efficacy of alprazolam have not been established.

- Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any of these medicines:

- CNS Depressants: enhanced sedation and breathing or heart problem may occur
- Antidepressants like imipramine and desipramine: their blood concentration might be increased.
- Antiepileptics like carbamazepine, phenobarbitone and phenytoin: the effect of alprazolam might be reduced.
- H2 antagonist like cimetidine: the effect of alprazolam might be increased.
- Disulfiram might increase the effect of alprazolam, hence the response should be observed.
- Antifungal like ketoconazole may increase the blood concentration of benzodiazepines and its sedative effect.
- Erythromycin: concomitant use may decrease clearance of alprazolam and could increase the pharmacologic effects of the medicine.

Taking Xanapam tablet with an opioid medicine (medicine to relieve pain) can depress your central nervous system. Inform your doctor if you are currently taking any opioid medicine.

Seek medical attention immediately if you or the person taking this medication experience(s) symptoms of unusual dizziness or lightheadedness, extreme sleepiness, slowed or difficult breathing, or unresponsiveness.

Always inform your doctor and pharmacist if you are taking any other medicines, including herbal tonics, supplements and medicines that you buy without prescription.

How to take Xanapam Tablet

Always take this medicine exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

- How much to use

Anxiety:

Usual starting dose – 0.25mg to 0.5mg given three times daily

Usual dosage range – 0.5mg to 4.0mg daily in divided doses

Depression:

Usual starting dose – 0.5mg given three times daily

Usual range dose – 1.5mg to 4.5mg daily in divided dose

Elderly or debilitating patients:

Usual starting dose – 0.25mg given two or three times daily

Usual range dose – 0.5mg to 0.75mg daily in divided dose

Panic-related disorders:

Usual starting dose – 0.5mg to 1mg given at bedtime or 0.5mg three times

Usual range dose – dose should be adjusted to patient's response. Dosages adjustment should be in increment no greater than 1mg every 3 to 4 days. Additional doses can be added until a three to four times daily doses is achieved. Maximum dose is 10mg daily.

- When to use it

Your doctor will decide when it is appropriate for you to use Xanapam Tablet according to the type of condition you have.

It is to be taken orally with a glass of water.

- How long to use it

Continue taking Xanapam Tablet for as long as doctor recommends.

- If you FORGET TO TAKE it

- If you forget a dose, take it as soon as you remember it.
- However, if it is nearly time for the next dose, skip the missed dose.
- Do not take a double dose to make up for a forgotten dose.

- If you take too much (Overdose)

Symptoms includes ataxia (lack of muscle movements coordination), somnolence (sleepiness), impaired coordination, slurred speech, confusion, coma and diminished reflexes (involuntary response to a stimulation of the nerves). Other symptoms such as low blood pressure, seizures, breathing difficulty and apnea (stop in breathing) may also occur.

Consumer is advised to go to the nearest hospital if overdose happens.

While you are taking Xanapam Tablet

- Things you must do

- Contact your doctor if your symptoms does not improve.
- If you do become pregnant whilst taking Xanapam Tablet, tell your doctor.
- Must be careful as this preparation may be habit forming on prolonged use.
- Tell your doctor if you have alcoholic liver disease. The daily dose may need to be reduced.

- Things you must not do

Do not give Xanapam Tablet to anyone else, even if their symptoms seem similar or they have same condition as you. Your doctor has prescribed Xanapam Tablet for you and your condition.

- Things to be careful of

- This product may cause drowsiness. You should not drive or operate any machinery.
- Anaphylaxis (severe allergic reaction) and angioedema (severe facial swelling) can occur as early as the first time the product is taken.
- Complex sleep-related behaviors which may include sleep driving, making phone calls, preparing and eating food (while asleep).

Side Effects

Like all medicines, Xanapam Tablet can have side effects, although not everybody gets them. The following side effects may happen with this medicine:

- Most common: drowsiness, sedation, ataxia (especially in the elderly), confusion, light-headedness the next day, amnesia (loss of memory), dependence, rashes, changes in libido, blood disorders, jaundice and urinary retention.
- Less common: blurred vision, coordination disorders, headache, vertigo (subtype of dizziness), hypotension, salivation changes and gastro-intestinal disturbances.
- As with other benzodiazepines, paradoxical (not being the normal or usual kind) reactions such as hallucinations, confusions, stimulation, agitation or other behavioural effects may occur in rare instances.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Consult your doctor or pharmacist if you are in doubt or for any further information.

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.moh.gov.my (Consumers→Reporting→Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

Storage and Disposal of Xanapam Tablet

- Storage

Do not use after the expiry date stated on the pack. The expiry date refers to the last day of that month.

Store below 30°C in well-closed container. Protect from light.

Keep out of the reach of children.

- 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

XANAPAM TABLETS 0.5MG:

- What it looks like

A pink, scored, flat, oval tablet (7.7x5.25mm)

- Ingredients

- ◆ Xanapam 0.5mg tablet contains 0.5mg Alprazolam.
- ◆ The other ingredients are microcrystalline cellulose pH101, potato starch, corn starch, lactose, mangesium stearate and Cochineal Red A.

- MAL Number:

MAL19992138AZ

XANAPAM TABLETS 1MG

- What it looks like

A blue, scored, flat, oval tablet (7.7x5.25mm)

- Ingredients

- ◆ Xanapam 1mg tablet contains 1.0mg Alprazolam.
- ◆ The other ingredients are microcrystalline cellulose pH101, potato starch, corn starch, lactose, magnesium stearate and indigocarmine.

- MAL Number:

MAL19992139AZ

Manufacturer and Product Registration Holder

Malaysian Pharmaceutical Industries Sdn. Bhd.

Plot 14, Lebuhraya Kampung Jawa, 11900 Bayan Lepas, Penang, Malaysia.

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