

# regurin

## 20mg TABLETS

Trospium Chloride

### P A T I E N T I N F O R M A T I O N L E A F L E T

This leaflet has been provided to help you understand about Regurin 20mg Tablets and the way in which they should be taken to ensure you gain most benefit from the product. Please read it carefully and follow the instructions given. If you have any questions, or are not sure about anything, please ask your doctor or pharmacist.

### The Name of Your Medicine is Regurin 20mg Tablets

*What are Regurin 20mg Tablets?*

This product is one of a group of medicines called 'anticholinergics'.

Each coated tablet contains 20mg of trospium chloride.

The other ingredients are sucrose, wheat starch, microcrystalline cellulose, talc, lactose monohydrate, calcium carbonate (E170), titanium dioxide (E171), stearic acid, croscarmellose sodium, povidone, macrogol 8000, silica colloidal anhydrous, iron oxide hydrate (E172), carmellose sodium, white beeswax and carnauba wax.

This product is available in packs of 60 tablets.

The Marketing Authorisation holder and manufacturer of Regurin 20mg Tablets is Madaus GmbH, 51101 Cologne, Germany.

### What Do Regurin 20mg Tablets Do?

Regurin 20mg Tablets are used to treat the symptoms of overactive bladder conditions. For example, needing to go to the toilet frequently, needing to suddenly rush to the toilet and/or having difficulty getting there in time and wetting yourself.

### Before Taking Your Medicine

You should **NOT** take Regurin 20mg Tablets if you:

*Have ever had an allergic reaction to any of the ingredients listed above. (An allergic reaction can be a rash, itchiness or shortness of breath).*

*Suffer from any of the following:*

- urinary retention ie. urination occurs *less* frequently than normal.
- the eye condition glaucoma.
- abnormal/faster than normal heart beats.
- myasthenia gravis (a disorder which causes muscle fatigue).
- a severe gastro-intestinal condition, such as toxic megacolon.

Do **NOT** give this product to children under 12 years of age.

You should speak to your pharmacist or doctor before taking this product if you:

*Suffer from any of the following:*

- any type of stomach or bowel obstruction.
- a blockage of the urinary tract.
- neuropathy ie. nerve damage.
- a hiatus hernia associated with reflux oesophagitis. This is usually associated with heartburn which worsens on bending or lying down.
- an overactive thyroid.
- any heart conditions, such as coronary artery disease or congestive heart failure.
- any liver problems.
- any kidney problems.

*Are pregnant or breast-feeding.*



Are taking any of the following medicines:

- amantadine (used in the treatment of Parkinson's disease or as protection against influenza).
- tricyclic antidepressants.
- a 'sympathomimetic' (one of a class of drugs which can increase the heart rate).
- metoclopramide (a drug which increases the rate of movement of digested food through your gastro-intestinal system).
- guar gum (sometimes used in a type of diabetes).
- cholestyramine or colestipol (drugs used to reduce the levels of certain fats in your bloodstream).

If you are unsure of the types of medicines you are taking, ask your doctor or pharmacist.

#### Other Warnings:

- Regurin 20mg Tablets contain wheat starch. If you suffer from wheat allergy (different from coeliac disease) you should not take this product. Regurin is suitable for patients with coeliac disease.
- This product contains sucrose and lactose. If you have been told by your doctor that you have an intolerance to some sugars, please contact your doctor before taking this medicinal product.

### Taking Your Medicine

*How many should I take and how often?*

Regurin 20mg Tablets should be taken orally (by mouth).

The usual dose for adults is one tablet twice a day. Doctors may prescribe different doses to this. For example, patients with kidney problems may take a reduced dose of one tablet per day or one tablet every second day. Read the pharmacist's label it will tell you exactly how many you should take.

The tablets should be swallowed whole with a glass of water, before meals on an empty stomach. If symptoms persist, contact your doctor or pharmacist. Your doctor will want to assess your treatment every 3 to 6 months, to decide whether this medicine is the best one for you. This product should not be taken by children under 12 years of age.

*What should I do if I forget to take a dose?*

If you miss a dose, take it as soon as you remember and then carry on as before. Do not take a double dose.

*What should I do if I take too many?*

It is always important to follow the recommended dose on the label. If too many tablets are taken by accident, contact your doctor or hospital immediately.

### After Taking Your Medicine

*Are there any side-effects?*

Along with its desirable effects, a medicine may have some unwanted effects. This product may cause a dry mouth, indigestion, constipation, abdominal pain, nausea and/or flatulence. Other effects known to occur rarely include urinary disorders, an increased heart rate, eye disorders (especially in patients with uncorrected farsightedness), diarrhoea, difficulty breathing, skin rashes, weakness, chest pain, muscle pain, joint pain, skin swelling, an increase in liver enzyme levels, an acute allergic reaction (rash, itchiness or shortness of breath), headache or dizziness. Contact your doctor or pharmacist immediately if you experience a rash, itchiness or difficulty in breathing as these may indicate an allergy to the product. If you suffer from these or any other problems and think your medicine may be causing them, tell your doctor or pharmacist.

### Storing Your Medicine

*How should I store Regurin 20mg Tablets?*

You should keep this product in a safe place, out of the sight and reach of children. It should not be used after the expiry date shown on the pack.

If your doctor tells you to stop taking this product, return any left over tablets to your pharmacist. Only keep them if your doctor tells you to.

Remember - As with all medicines do **NOT** share this product with any other person.

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