PATIENT LEAFLET IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986

The medicine is dispensed with a doctor's prescription only

Alpralid Tablets 0.25, 0.5, 1 mg

Alpralid 0.25: Each tablet contains:
Alprazolam 0.25 mg
Alpralid 0.5: Each tablet contains:
Alprazolam 0.5 mg
Alpralid 1: Each tablet contains:
Alprazolam 1 mg
Inactive ingredients and allergens in the preparation - see section 6 "Additional information" and the "Important information about some ingredients of the medicine" section.
Read the entire leaflet carefully before using the medicine. This leaflet contains concise information about the medicine. If you have any other questions, refer to the doctor or the pharmacist.
This medicine has been prescribed for treatment of your illness. Do not pass it on to others. It may harm them even if it seems to you that their medical condition is similar.

What is the most important information you should know about Alpralid?

Taking this medicine together with opioid medicines, with other medicines that depress the central nervous system (including drugs) or with alcohol, may cause a sensation of deep drowsiness, breathing difficulties (respiratory depression), coma and death.

Introduction to the consumer leaflet for benzodiazepines
This medicine belongs to the benzodiazepines group, which has special characteristics that require extra care during use.
- It is highly important to be under close medical supervision when taking this medicine.
- When taking this medicine, be sure to refer to the doctor after 2-4 weeks, since the treatment is only intended for short time periods.
- Prolonged use of this medicine may cause the effect of the medicine to decrease. Prolonged use may cause severe dependency, making it difficult for the patient to stop taking the medicine.
- Uncontrolled discontinuation of this treatment will be accompanied by withdrawal effects, such as: Stress, nervousness, confusion, tremor, insomnia, abdominal pain, vomiting, nausea, sweating, spasms, cramps and muscle pain.
- Prolonged use of this medicine may sometimes cause changes in behavioral patterns and obsessive thoughts.
- Care should be taken when walking, especially in the elderly, since the medicine impairs alertness and sometimes the coordination of body movements, which may lead to tripping or falling down.
- **Taking preparations from the benzodiazepine family together with preparations from the opioid family, alcohol and other central nervous system inhibitors may cause increased drowsiness, respiratory depression, coma and even death. Seek medical assistance immediately if you suffer from any of the following:**
  - Shallow or slowed breathing
  - Respiratory arrest, which may lead to cardiac arrest
  - Excessive sleepiness

  Do not use Alpralid together with opioid preparations when driving or when operating machinery until you know how this combination of medicines affects you.

1. What is the medicine intended for?

The medicine is intended for treatment of symptoms of stress and anxiety, anxiety accompanied by depression, and panic states which may or may not be accompanied by phobia.
Therapeutic class: Benzodiazepines.

2. Before using the medicine:

☒ Do not use this medicine if:

- You are sensitive (allergic) to the active ingredient alprazolam, to other benzodiazepines, or to any of the additional ingredients the medicine contains (see section 6).
- You are taking medicines for treatment of fungal infections, including Ketoconazole and Itraconazole.

ℹ Special warnings regarding the use of the medicine:
Before treatment with Alpralid, inform the doctor if:
- You are suffering or have suffered from depression, mood swings, suicidal thoughts or suicidal behavior.
- You have liver or kidney problems.
- You have lung disease or breathing difficulties.
- You are pregnant or planning to become pregnant (see "Pregnancy, breastfeeding and fertility" below).
- You are breastfeeding or are planning to breastfeed (see "Pregnancy, breastfeeding and fertility" below).
- You suffer or have suffered in the past from abuse of or dependence on alcohol, prescription medicines or drugs.

ℹ Smoking:
Smoking reduces the concentration of the medicine in the body compared to non-smokers.
ℹ Children and adolescents:
This medicine is not intended for use in children and adolescents under the age of 18, since no safety and efficacy data are available for this medicine in children and adolescents.
ℹ Use in the elderly:
Elderly patients are particularly susceptible to dose-related side effects while taking Alpralid.
ℹ Drug interactions:
If you are taking, or have recently taken, other medicines, including non-prescription medicines, vitamins and nutritional supplements, tell the doctor or pharmacist. Especially if you are taking:
- Opioids, used concomitantly with Alpralid may increase the risk of respiratory depression (see at the beginning of this leaflet "What is the most important information you should know about Alpralid?").
- Antifungal medicines (e.g. ketoconazole, itraconazole) (see the beginning of this section "Do not use this medicine if").
- Medicines for treatment of anxiety or depression (e.g. nefazodone, fluvoxamine, fluoxetine, paroxetine, sertraline).
- The narcotic analgesic propoxyphene.
- Contraceptive pills.
- Medicines for treatment of epilepsy (e.g. carbamazepine).
- Antipsychotic medications used for treatment of mental illness, such as schizophrenia.
- Antihistamines used for the relief of allergies.
- Certain macrolide antibiotics (e.g. erythromycin, clarithromycin).
- Isoniazid (for treatment of tuberculosis).
- Cimetidine (for treatment of gastric ulcers).
- Tricyclic antidepressants (e.g. imipramine, desipramine).
- Calcium channel blockers (e.g. diltiazem, nicardipine, nifedipine).
- Cyclosporine.
- Ergotamine (for the prevention and treatment of migraine).
- Amiodarone (for the treatment of arrhythmias).
- Drugs or other medicines that cause sleepiness or dizziness. Alpralid may make the sleepiness or dizziness worse, when taken with drugs or medicines that cause sleepiness or dizziness.

ℹ Use of the medicine and food:
Grapefruit juice - may increase the concentration of Alpralid in the blood.
ℹ Use of the medicine and alcohol consumption:
Do not drink alcohol or take other medicines that may make you sleepy or dizzy while taking Alpralid, without consulting your doctor. When Alpralid is taken with alcohol or medicines that cause sleepiness or dizziness, Alpralid may make your sleepiness or dizziness worse.
ℹ Pregnancy, breastfeeding and fertility:
Pregnancy
Inform your doctor immediately if you are pregnant or consult him if you are planning to become pregnant while you are being treated with Alpralid, as Alpralid may harm your fetus. Your doctor should decide whether you need to take Alpralid during pregnancy.
Taking Alpralid at a late stage of pregnancy may cause your baby to have symptoms of mild sedation such as breathing problems, sluggishness and low muscle tone.
Breastfeeding
Consult your doctor if you are breastfeeding or are planning to breastfeed. Do not breastfeed while taking Alpralid, as Alpralid passes into your breastmilk and may harm your baby. Consult your doctor regarding the best way to feed your baby if you are taking Alpralid.
ℹ Driving and operating machinery:
Alpralid may make you drowsy or dizzy and slow down your thinking and motor activity. Do not drive, operate dangerous machinery, or engage in dangerous activities, until you know how Alpralid affects you.
ℹ Important information about some ingredients of the medicine:
Alpralid contains lactose, which is a type of sugar. If you have been told by your doctor that you have an intolerance to certain sugars, consult your doctor before taking this medicine. Alpralid contains 0.12 mg of sodium benzoate per tablet. Sodium benzoate may make jaundice worse (yellowing of the skin and eyes) in neonates (up to four weeks of age).
This medicine contains less than 23 mg of sodium in a tablet, and is therefore considered sodium-free.

3. How should you use the medicine?

- Always use the medicine according to the doctor's instructions.
- Check with the doctor or pharmacist if you are uncertain about the dosage and how to use the medicine.
- The dosage and treatment regimen will be determined by the doctor only.

The generally accepted dosage is:
In adults:
For treatment of anxiety: The treatment will usually begin with one tablet of 0.25 mg or one tablet of 0.5 mg three times per day. Therefore, the daily dosage is 0.75 mg to 1.5 mg. The dosage may be gradually increased (every 3-4 days the dose may be increased by 1 mg) up to a total daily dosage of 3 mg, divided throughout the day.
The dosage can be increased to achieve a maximum therapeutic effect, at intervals of 3 to 4 days, to a maximum daily dosage of 4 mg, given in divided doses.
For treatment of panic: The treatment will usually begin with one tablet of 0.5 mg three times per day. The dosage can be gradually increased, depending on the response, (every 3-4 days the dose can be increased by 1 mg) up to a daily dosage greater than 4 mg, divided throughout the day. When the dosage needs to be increased, the common practice is to increase the nighttime dosage first before increasing the daytime dosage, to make sure you will remain alert during the day. If you start feeling side effects, the doctor may reduce your dosage.
The elderly or patients suffering from a disease that causes fatigue:
The accepted starting dosage is 0.25 mg twice to three times per day. This dosage may be gradually increased, according to the doctor's instructions, if necessary and if you do not suffer from any side effects.
Do not exceed the recommended dose.
Duration of treatment
Alpralid is intended for short-term use (no more than 8-12 weeks).
Usually, the doctor will assess your condition at the latest by the end of 4 weeks, and decide if further treatment is required.
In some cases, according to the assessment of a specialist, there may be a need to extend treatment beyond the maximum treatment period. The effect of the medicine may be reduced if it is used for more than a few weeks.

Method of administration
Do not chew! The tablet is intended to be swallowed. If necessary, the tablet can be halved or crushed.
If you accidentally took a higher dosage you may experience drowsiness, confusion, impaired coordination, reduced reflexes and coma. Death has also been reported.
If you have taken an overdose or if a child or anyone else has accidentally swallowed the medicine, proceed immediately to a hospital emergency room, and bring the package of the medicine with you.
If you forgot to take this medicine at the required time, take a dose as soon as you remember unless it is almost the time to take the next dose. Do not take a double dose in order to compensate for a forgotten dose.
Do not increase the dosage without consulting with the doctor, even if you feel that you are not responding to the medicine. Medicines of the benzodiazepine group may cause emotional or physical dependence, even if they were recommended for use.
If you stop taking the medicine:
Even if there is an improvement in your health, do not stop treatment with the medicine without consulting the doctor, as the dosage must be decreased gradually.
- **Physical dependence and withdrawal reactions.** Alpralid can cause physical dependence and withdrawal reactions.
- If you stop taking the tablets abruptly (and not gradually), you may have serious and life-threatening side effects, including abnormal movements, responses or expressions, convulsions, severe changes in your mental state or nervous system, depression, seeing or hearing things that others do not see or hear, an extreme increase in activity or speech, losing touch with reality and suicidal thoughts or actions. **Contact your doctor or proceed to the nearest hospital emergency room immediately, if you have any of these symptoms.**
- Some patients who stop taking benzodiazepines abruptly (not gradually) may experience side effects that can last from several weeks to more than 12 months, including anxiety, problems with memory, learning or concentration, depression, sleeping problems, feeling as if insects are crawling under the skin, weakness, tremor, muscle cramps, burning or tingling sensation in the hands, arms and legs and ringing in the ears.
- In addition, you may suffer from withdrawal symptoms (see section 4 "Side effects").

Follow the treatment as recommended by the doctor.
Do not take medicines in the dark! Check the label and the dose every time you take the medicine. Wear glasses if you need them.
If you have any other questions regarding use of the medicine, consult the doctor or the pharmacist.

4. Side effects

As with any medicine, use of Alpralid may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not experience any of them.
Alpralid side effects, if they occur, are most often observed at the beginning of treatment and usually disappear with continued drug treatment.
Alpralid may cause serious side effects, including (see at the beginning of this leaflet "What is the most important information you should know about Alpralid?"):
- **Risk of abuse, misuse and addiction.** There is a risk of abuse, misuse and addiction with benzodiazepines, including Alpralid, which can lead to overdose and serious side effects, including coma and death.
- **Serious side effects including coma and death have occurred in people who have abused or misused benzodiazepines, including Alpralid.** These serious side effects may even include hallucinations, paranoia, suicidal thoughts or actions, convulsions and breathing difficulties. **Contact your doctor or proceed to the nearest hospital emergency room immediately, if you have any of these serious side effects.**
- **The use of Alpralid may cause sleepiness, dizziness and slowing down of thinking and motor activities.**
- **You may become addicted even if you take Alpralid according to the doctor's instructions.**
- **Seizures.** Discontinuation of Alpralid can cause seizures and seizures that do not stop (status epilepticus).
- **Mania.** Alpralid can cause increased activity and speech (hypomania and mania) in people suffering from depression.

Seek emergency medical assistance immediately in the following cases:
- Slowed breathing or shallow breathing
- Respiratory arrest (may lead to cardiac arrest)
- Excessive sleepiness

The most frequent side effects of Alpralid include:
Drowsiness, sensation of dizziness.
Additional side effects:
Very common side effects - may affect more than 1 in 10 users:
Drowsiness, sensation of dizziness, depression, headache, dry mouth, constipation, diarrhea, fatigue and tiredness, drop in blood pressure, coordination problems, nervousness, memory impairment, dizziness, insomnia, cognitive impairment, speech impairment (dysarthria), anxiety, abnormal involuntary movements, changes in sexual drive, confusion, decreased salivation, nausea, vomiting, abdominal discomfort, nasal congestion, fast heartbeat (tachycardia), chest pains, blurred vision, sweating, rash, increased appetite, decreased appetite, weight gain, weight loss, difficulty urinating, menstrual irregularities.
Common side effects - may affect up to 1 in 10 users:
Fainting, restlessness (akathisia), excessive salivation, palpitations, stiffness, tremor, skin inflammation, allergy, muscle spasm, increased libido, change in libido (non specific), weakness, muscle tone disorders, agitation, lack of restraint, numbness, talkativeness, vasomotor disturbances, unrealistic feeling, unusual dreams, fear, sensation of heat, hyperventilation, upper respiratory tract infection, tinnitus (ringing in the ears), muscle cramps, muscle stiffness, sexual dysfunction, edema, incontinence, infection.
If a side effect occurs, if one of the side effects worsens, or if you suffer from a side effect not mentioned in this leaflet, consult your doctor.
Reporting side effects
Side effects may be reported to the Ministry of Health by clicking on the link "Report side effects due to medicinal treatment" found on the Ministry of Health website homepage (www.health.gov.il), which will direct you to the online form for reporting side effects, or by clicking on the following link:
https://sideeffects.health.gov.il/

5. How to store the medicine?

- Avoid poisoning! This medicine and any other medicine must be kept in a closed place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting without an explicit instruction from the doctor.
- Do not use the medicine after the expiry date (Exp. date) appearing on the carton package and the blister inside. The expiry date refers to the last day of that month.
- Store at a temperature lower than 25°C.

6. Additional information

In addition to the active ingredient, the medicine also contains:
Alpralid 0.25:
Lactose, Microcrystalline Cellulose (PH-101), Pregelatinized Oxidized Potato Starch, Microcrystalline Cellulose (PH-102), Magnesium stearate, Docusate Sodium, Colloidal Silicone Dioxide, Sodium Benzoate
Alpralid 0.5:
Lactose, Microcrystalline Cellulose (PH-101), Pregelatinized Oxidized Potato Starch, Microcrystalline Cellulose (PH-102), Magnesium stearate, Docusate Sodium, Colloidal Silicone Dioxide, Sodium Benzoate, Iron Yellow Oxide
Alpralid 1:
Lactose, Microcrystalline Cellulose (PH-101), Pregelatinized Oxidized Potato Starch, Microcrystalline Cellulose (PH-102), Magnesium stearate, Docusate Sodium, Colloidal Silicone Dioxide, Sodium Benzoate, Indigo Carmine (E132).
What does the medicine look like and what are the contents of the package:
The medicine is available in carton packages that contain 10/20/30/60/100/1000 tablets in blister packs.
Not all package sizes may be marketed.
Alpralid 0.25: White-yellowish, rectangular tablets with a score line on one side, imprinted with "CTS".
Alpralid 0.5: Yellowish, rectangular tablets with a score line, imprinted with "CTS".
Alpralid 1: Light blue, rectangular tablets with a score line, imprinted with "CTS".
Manufacturer/license holder and address:
CTS Chemical Industries Ltd., 3 Hakidma St., Kiryat Malachi.
This leaflet was revised in 02/2024 in accordance with the Ministry of Health guidelines.
Registration numbers of the medicines in the national drug registry of the Ministry of Health:
Alpralid 0.25: 1030128371
Alpralid 0.50: 1030228372
Alpralid 1: 1030328373

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