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Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) - 1986

The medicine is dispensed with a doctor's prescription only

**Diazepam Grindeks 5 mg
Tablets**

Composition

Each tablet contains:

Diazepam 5 mg

For information regarding inactive ingredients see section 2 subsection "Important information about some of the ingredients of the medicine" and section 6- "Additional information".

Read the entire leaflet carefully before using the medicine. This leaflet contains concise information about the medicine. If you have additional questions, refer to the doctor or the pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if it seems to you that their medical condition is similar.

Introduction

This medicine belongs to the benzodiazepine group, which has special characteristics that require extra care when using medicines belonging to this group.

- Close medical follow-up is highly important 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 dependence, which will make it difficult for the patient to stop taking the medicine.
- Uncontrolled discontinuation of the treatment is accompanied by withdrawal effects such as tension, nervousness, confusion, tremor, insomnia, abdominal pain, nausea, vomiting, sweating, spasms.
- Prolonged use of this medicine may sometimes cause changes in behavioural 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 and falling.

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.

1. What is this medicine intended for?

Diazepam Grindeks 5 mg is intended to treat conditions of stress, anxiety, restlessness/nervousness caused by alcohol withdrawal, and as an additional treatment to relieve skeletal muscle spasms and convulsions.

This medicine should be used for as short a time as possible, and for no longer than four weeks. If used for a long period without a break, there may be a risk of developing dependence or developing problems upon discontinuation of treatment.

When taking this medicine, there is a risk of dependence (a need to take the medicine). The risk increases with the dosage and duration of treatment. The risk is higher if you

have a history of alcohol or drug abuse.

Therapeutic class: Benzodiazepines.

This medicine belongs to the group of benzodiazepines, which work by altering brain activity related to emotion.

2. Before using the medicine

Do not use the medicine if:

- You are **sensitive (allergic)** to the active ingredient or to another medicine from the group of benzodiazepines or to any of the other ingredients this medicine contains (see section 6 "Additional information").
- You have long-term or **serious liver problems**.
- You have **serious breathing problems**.
- You suffer from **sleep apnoea** (difficulty breathing during sleep).
- You suffer from **myasthenia gravis** (a condition that causes the muscles to weaken and tire more easily).
- You suffer from **mental illness**, such as phobia or compulsive (obsessive) thoughts.
- You suffer from depression (with or without anxiety) or hyperactivity (Do not use Diazepam Grindeks 5 mg as a monotherapy for depression or anxiety accompanied by depression).
- You have **porphyria** (a hereditary condition that leads to skin blisters, abdominal pain and brain or nervous system disorders).
- You suffer from **hyperkinesia** (a state of hyperactivity, restlessness).
- You are **pregnant** or **planning to become pregnant** (see section "Pregnancy and breastfeeding" below).
- Children below 6 months of age.

Special warnings regarding the use of the medicine

Before treatment with Diazepam Grindeks 5 mg, tell the doctor if:

- You have someone close to you who has recently died
- You have lung problems
- You have liver problems
- You have a personality disorder
- You have a history of alcoholism or drug abuse
- You have **heart problems and lung problems** or **severe renal failure**
- You have **low blood levels** of a protein called albumin
- You have impaired blood supply to the brain (**arteriosclerosis**)
- You are **elderly** (There is a risk of confusion or impaired movement coordination which may lead to injuries or falling)
- You **smoke**

Additional Important information that you need to know when taking Diazepam Grindeks 5 mg

- **Dependence** - When taking the medicine, there is a risk of dependence (a need to continue taking the medicine), which increases with the dosage and duration of treatment. The risk increases in patients with a history of alcohol or drug abuse or in patients who suffer from a personality disorder.
- **Withdrawal** – the treatment with the medicine should be stopped gradually. **Withdrawal symptoms** appear with Diazepam Grindeks 5 mg even when proper

doses are given for short periods of time. See section 3 under “Discontinuation of Diazepam Grindeks 5 mg and withdrawal effects”.

- **Tolerance** - consult the doctor If after several weeks you notice that the medicine does not have the same level of effect as at the beginning of the treatment.
- **Behavioural effects** - may occur when taking Diazepam Grindeks 5 mg (see section 4 – “**Side effects**”).
- To lower the risk of amnesia (**memory loss**), ensure a continuous sleep of at least 7 hours.
- Tell the doctor or dentist that you are taking Diazepam Grindeks 5 mg if you need to undergo treatment or surgery that requires the use of anaesthetics.

Drug interactions

Concomitant use of Diazepam Grindeks 5 mg and opioids (strong pain relievers, medicines that help with drug withdrawal and certain cough medicines) increases the risk of drowsiness, breathing difficulties (respiratory depression), coma and may be life threatening. Therefore, concomitant use of these medicines should only be considered when there are no other treatment options. However, if the doctor gives you a prescription for Diazepam Grindeks 5 mg together with opioids, the dosage and duration of treatment must be limited by the doctor. Tell the doctor about any opioid medicine that you are taking, and carefully follow the dosage that the doctor has recommended. It can be helpful to inform friends or family members, so they are aware of the signs and symptoms mentioned above. Refer to the doctor when you experience such symptoms.

Avoid using Diazepam Grindeks 5 mg in combination with:

- **sodium oxybate** (used to prevent cases of cataplexy attacks (episodes of muscle weakness that appear suddenly and last for a short time) in patients with narcolepsy (a sleep disorder that may lead to extreme drowsiness, sudden uncontrollable episodes of falling asleep during the day and cataplexy)).
- **zidovudine** (a medicine that helps in treatment of HIV/AIDS virus)

If you are taking or have recently taken other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or the pharmacist. Especially if you are taking:

- **Combining the following medicines with Diazepam Grindeks 5 mg may cause drowsiness:**
Antidepressants such as amitriptyline, fluvoxamine, fluoxetine, **antipsychotic medicines** such as chlorpromazine, haloperidol (for treatment of mental problems, such as zotepine), **antihistamines** with a sedative effect (for treatment of allergies), such as chlorpheniramine, promethazine, **medicines for general anaesthesia**, **hypnotic medicines** such as temazepam, zopiclone (help in falling asleep), **alpha blockers** or **moxonidine** (for lowering high blood pressure), **muscle relaxants** (such as baclofen, tizanidine), **medicines for anxiety/sedatives** such as lorazepam, buspirone.
- Certain **strong analgesics** (such as codeine or medicines that contain dextropropoxyphene hydrochloride and paracetamol) may intensify the sense of general wellbeing when taken in combination with Diazepam Grindeks 5 mg, which can increase the desire to continue using these medicines (dependence) or make you very drowsy.
- **Combining the following medicines with Diazepam Grindeks 5 mg may cause drowsiness and cause Diazepam Grindeks 5 mg to be eliminated from the body more slowly than usual: lofexidine** (helps relieve withdrawal symptoms in patients who stop taking opioids or heroin), **nabilone** (for treatment of nausea and vomiting), **disulfiram** (for treatment of alcohol addiction), baclofen and tizanidine

- (for relief of muscle spasms).
- **Anti- epileptic medicines** such as phenobarbital, phenytoin, carbamazepine or sodium valproate (Diazepam Grindeks 5 mg may affect the levels of these medicines in the blood).
 - **Combining the following medicines with Diazepam Grindeks 5 mg may cause Diazepam Grindeks 5 mg to be eliminated from the body more slowly than usual: cimetidine, omeprazole or esomeprazole** (medicines for the treatment of stomach ulcer), **contraceptives containing estrogen, erythromycin** (an antibiotic), **antifungal medicines** (such as fluconazole, itraconazole, ketoconazole or voriconazole), **isoniazid** (for the treatment of tuberculosis).
 - **Combining the following medicines with Diazepam Grindeks 5 mg may cause Diazepam Grindeks 5 mg to be eliminated from the body faster than usual: rifampicin**, for treatment of infections (an antibiotic), **theophylline** (for treatment of asthma).
 - **Amprenavir** or **ritonavir** (antivirals), these can make you feel drowsy for a longer period of time or cause breathing difficulties.
 - **Medications for lowering high blood pressure** (such as hydralazine, minoxidil, sodium nitroprusside), **diuretics, nitrates** (for heart problems), **angiotensin-converting enzyme inhibitors** (used for the treatment of high blood pressure, such as perindopril, captopril), **alpha blockers** (used for the treatment of high blood pressure, such as alfuzosin, prazosin), **angiotensin II receptor blockers** (used to for the treatment of high blood pressure, such as valsartan), **calcium channel blockers** (used for the treatment of high blood pressure, such as amlodipine), **adrenergic neuron blockers** (used for the treatment of high blood pressure, such as reserpine), **beta blockers** (used for the treatment of high blood pressure, such as bisoprolol), since these medicines can excessively lower blood pressure.
 - **Levodopa** (used for treatment of Parkinson's disease). Diazepam Grindeks 5 mg can reduce the effect of levodopa.
 - **Antacids** (reduce stomach acidity) may slow down the absorption of Diazepam Grindeks 5 mg into the body.
 - **Cisapride** (used for the treatment of gastric reflux).

Children

The doctor will want to perform a careful evaluation of the treatment in children and keep the duration of treatment as short as possible.

Use of the medicine and alcohol consumption

Do not drink alcohol during the period of treatment with Diazepam Grindeks 5 mg. Alcohol may increase the sedative effect of Diazepam Grindeks 5 mg.

Use of the medicine and food

Grapefruit juice may increase the amount of Diazepam Grindeks 5 mg in the blood. If you are elderly, suffer from cirrhosis or from any of the conditions mentioned above in section 2, drinking grapefruit juice may increase the sedative effect of Diazepam Grindeks 5 mg, and you should discuss this with the doctor or pharmacist.

Beverages containing caffeine may reduce the effect of the medicine.

Pregnancy and breastfeeding

Do not use Diazepam Grindeks 5 mg if you are pregnant, planning to become pregnant, may be pregnant or are breastfeeding. If the doctor decided that you need to use this medicine towards the end of the pregnancy (or during labor), the baby may have a low body temperature, low muscle tone, breathing difficulties or feeding difficulties. In addition, if you use this medicine regularly during the end of pregnancy, the baby may develop withdrawal symptoms.

If you are pregnant or breastfeeding, think you might be pregnant or are planning to become pregnant, consult a doctor before taking this medicine or any other medicine.

Driving and operating machinery

The use of Diazepam Grindeks 5 mg can make you feel confused, forgetful, drowsy, unsteady or have impaired coordination, along with other side effects which can affect your everyday activities (see section 4 "Side effects"). These effects may be increased if you have not had enough sleep. Do not drive or operate dangerous machinery if you are affected by the medicine in this way.

This medicine may affect the ability to drive, since it may make you feel drowsy or dizzy. Do not drive while using this medicine until you know how it affects you. Consult with the doctor or pharmacist if you are not unsure of your ability to drive safely while using this medicine.

Important information about some of the ingredients of the medicine

Diazepam Grindeks 5 mg tablets contain lactose. If you have been told by your doctor that you have intolerance to certain sugars, consult your doctor before taking this medicine.

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 only by the doctor.

If a dosage of 2 mg is needed, or any other dosage that cannot be reached with the medicine in the existing strength, you should contact your doctor to receive an alternative medicine.

The doctor will instruct you on how to reach the required dosage.

The generally accepted dosage is:

Adults

Anxiety disorders: depending on the severity of the symptoms, 2 -10 mg, 2 to 4 times a day.

As an additional treatment for the relief of skeletal muscle spasms: 2-10 mg, 3 or 4 times a day.

As an additional treatment for convulsions: 2-10 mg, 2 to 4 times a day.

For the relief of alcohol withdrawal symptoms: 10 mg, 3 or 4 times during the first 24 hours, and then 5 mg, 3 or 4 times a day as necessary.

Children

The medicine is not intended for use in children under 6 months of age (see section 2- "Before using the medicine"). The medicine should be taken according to the doctor's instructions. The doctor will determine the appropriate dosage.

Elderly or frail patients

If you are elderly or frail, you may be more sensitive to the effects of Diazepam Grindeks 5 mg, such as confusion, and the doctor will prescribe you lower dosages. The dosage must not exceed half of the adult dosage.

Impaired kidney or liver function

If you have liver or kidney problems, you will probably receive lower dosages.

Do not exceed the recommended dose.

Method of use

Swallow the medicine with water.

The Diazepam Grindeks 5 mg tablet can be halved on the score line.

There is no information about crushing and chewing.

If you accidentally took a higher dosage

If you (or someone else) swallowed many tablets at the same time or if you think a child accidentally swallowed this medicine, refer immediately to a doctor or to a hospital emergency room and take the package of the medicine with you. Signs of overdose include clumsiness and loss of coordination, drowsiness or deep sleep, speech problems, irregular or slow heartbeat, difficulty controlling movements, uncontrollable eye movements, muscle weakness or spasms, low blood pressure. An extreme overdose may cause coma (a state of loss of consciousness and loss of reaction), reflex problems and breathing difficulties.

If you forgot to take the medicine

If you forgot to take the dose, take it as soon as you remember, unless it is already close to the time of taking the next dose. Do not take a double dose in order to compensate for the forgotten dose.

Follow the treatment as recommended by the doctor.

Discontinuation of Diazepam Grindeks 5 mg and withdrawal effects

Do not abruptly discontinue using this medicine; continue taking it until the doctor instructs you how to gradually reduce the dosage. If you abruptly discontinue the medicine, you may suffer from the following side effects:

- Headaches, muscle pain, stress.
- Severe anxiety, confusion, restlessness, depression, nervousness, sweating, fast and/or irregular heartbeat, muscle spasms, tremor, loss of appetite, nausea or vomiting, abdominal pain, diarrhoea, agitation.
- **In severe cases** of withdrawal symptoms, you may experience a sensation of non-existing things, a feeling of being detached from reality, numbness and tingling in the hands and feet, sounds will sound louder than usual and can sometimes be painful if the sounds are indeed loud, sensitivity to light or touch, hallucinations and convulsions.
- If you have taken a high dosage, you may sometimes experience confusion or unusual behaviour. Patients at risk of seizures may be more sensitive to experiencing seizures during withdrawal.

The treatment should be stopped gradually, otherwise the symptoms for which you have taken the medicine may return and be more severe than before (recurrence of insomnia and anxiety). The risk of this happening is higher when the medicine is discontinued abruptly. You may also experience mood swings, anxiety, restlessness and changes in sleep patterns. Even if you stop taking the medicine gradually, you may experience anxiety, depression, restlessness and difficulty sleeping. In addition, you may experience diarrhoea and sweating. Consult the doctor if you experience these effects.

Do not take medicines in the dark! Check the label and 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, using Diazepam Grindeks 5 mg 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.

Discontinue the medicine and refer to the doctor immediately or alternatively refer to an emergency room if you experience any of the following effects:

- An allergic reaction (swelling of the lips, face or neck that leads to severe breathing difficulties; skin rash or skin allergy (hives))

This is a very serious but rare side effect. You may need urgent medical treatment or hospitalisation.

Tell the doctor immediately if:

- You suffer from behavioural changes such as restlessness, nervousness, agitation, aggressiveness, hallucinations, rage, nightmares, seeing or feeling non-existing things, psychiatric disorders and improper behaviour, since the doctor may discontinue your treatment.

Tell the doctor if you notice any of the following side effects or any other effect that is not listed here:

- Drowsiness, falling asleep, tiredness, slurred speech, dizziness, unsteadiness or clumsiness, loss of coordination (you may notice this even after a single dose and it can continue into the following day)
- Confusion (especially in the elderly), memory loss (which may occur several hours after taking Diazepam Grindeks 5 mg. If possible, in order to lower the risk, sleep continuously for seven to eight hours after taking the medicine), difficulty concentrating, excitement, numbed emotions, decreased alertness, depression accompanied by suicidal tendencies, headache, light-headedness, difficulty sleeping, anxiety
- Blood disorders (you may develop throat sores, nosebleeds or infections), changes in sex drive (libido), low blood pressure
- Muscle spasms/tremor or weakness, difficulty controlling movements, breathing difficulties
- Incontinence or problems passing urine
- You feel that you are abusing the medicine or developing a dependence on the medicine
- Visual disturbances, blurry vision or double vision
- Nausea, vomiting, stomach problems, dry mouth, diarrhoea, constipation, increased or decreased saliva secretion
- Skin reactions

Jaundice (characterized by yellowing of the skin or whites of the eyes) may occur rarely and a high level of liver enzymes in the blood may occur very rarely.

Withdrawal symptoms are known to occur (see section 3, subsection “Discontinuation of Diazepam Grindeks 5 mg and withdrawal effects”).

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 the 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?

- **Prevent 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 prevent 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 package. The expiry date refers to the last day of that month.
 - **Store the medicine below 25°C, in the original package to protect from light.**
 - Do not dispose of medicines via wastewater or household waste. Ask the pharmacist how to dispose of medicines you no longer use. These measures will help protect the environment.

6. Additional information

In addition to the active ingredient, this medicine also contains:

Cellulose, microcrystalline, starch, hydroxypropyl, lactose monohydrate, talc, magnesium stearate, silicon dioxide.

What the medicine looks like and the contents of the package

White, round flat tablet with bevelled edges and a score line on one side.

A package contains 20 or 30 tablets packed in blisters.

Not all pack sizes may be marketed.

Registration holder's name and address:

A.L. Medi-Market Ltd., 3 Hakatif St., Emek Hefer Industrial Park, 3877701

Manufacturer's name and address:

JSC Grindeks, 53 Krustpils street, Riga, LV-1057, Latvia

The leaflet was revised in January 2025.

Registration number of the medicine in the Ministry of Health National Drug Registry: 173-32-36670-99

For further information about the medicinal product and for updated patient leaflets in Hebrew, Arabic and English, please scan the code



<https://israeldrugs.health.gov.il/#!/medDetails/173%2032%2036670%2099>

For a printed copy of the patient information leaflet in English, please contact the registration holder by email humane-info@medi-market.co.il or by phone 09-8844451.