



Patient package insert according to Pharmacists' Regulations (Preparations) – 1986

This medicine can be sold with a physician's prescription only

TRAMADEX® OD 100, 200, 300 Prolonged release tablets

Each prolonged release tablet contains Tramadol hydrochloride 100, 200 or 300 mg, respectively.

Inactive ingredients and allergens in the medicine – see section 6 "Additional information" and in section 2 "Important information about some of the ingredients of the medicine".

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

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

Opioid medicines can cause addiction, especially with prolonged use, and they have a potential for abuse and overdose. A reaction to overdose can manifest as slow breathing and even cause death.

Make sure you know the name of the medicine, the dosage you are taking, how often you take it, the duration of treatment, side effects and the potential risks.

Additional information about the risk of dependence and addiction can be found at:

https://www.health.gov.il/UnitsOffice/HD/MTI/Drugs/risk/DocLib/opioids_en.pdf

Taking this medicine with benzodiazepines, other central nervous system depressants (including street drugs) or alcohol can cause severe drowsiness, breathing problems (respiratory depression), coma and death.

1. What is the medicine intended for?

Tramadex OD is indicated for treatment of moderate to severe pain.

Therapeutic group: opioids.

2. Before using the medicine

Do not use the medicine:

- If you are hypersensitive (allergic) to the active ingredient (tramadol hydrochloride), or to any of the other ingredients this medicine contains (see section 6).
- In acute poisoning with alcohol, sleeping pills, pain relievers or other psychotropic medicines (medicines that affect mood and emotions).
- If you are taking monoamine oxidase inhibitors (MAOIs) (certain medicines to treat depression), or if you have taken them within 14 days before taking **Tramadex OD** (see section "Drug interactions").
- If you suffer from severe liver or kidney disease.
- If you suffer from epilepsy and your fits are not adequately controlled by treatment.
- As a substitute in drug withdrawal.

Special warnings regarding the use of the medicine

Before the treatment with Tramadex OD, tell the doctor if:

- You suffer from consciousness disorders (if you feel that you are going to faint).
- You are in a state of shock (cold sweat may be a sign of this).

- You suffer from increased pressure in the brain (possibly after a head injury or brain disease).
- You have difficulty in breathing.
- You suffer from epilepsy or have a tendency towards fits, because the risk of a fit may increase.
- You suffer from depression and you are taking antidepressants as some of them may interact with tramadol (see "Drug interactions" below).
- You suffer from liver or kidney disease.
- You are going to have an operation, or have just had an operation. **Tramadex OD** should not be taken for short-term pain relief after surgery because it may increase the risk of dependence and breathing problems.

Tolerance, dependence and addiction

This medicine contains tramadol which is an opioid. Repeated use of opioids can result in the medicine being less effective (you become accustomed to it, known as tolerance). Repeated use of **Tramadex OD** can also lead to dependence, abuse, and addiction, which may result in life-threatening overdose. The risk of these side effects can increase with a higher dose and longer duration of use.

Dependence or addiction can make you feel that you are no longer in control of how much medicine you need to take or how often you need to take it.

The risk of becoming dependent or addicted varies from person to person. You may have a greater risk of becoming dependent on or addicted to **Tramadex OD** if:

- You or anyone in your family have ever abused or been dependent on alcohol, prescription medicines or illegal drugs ("addiction").
- You are a smoker.
- You have ever had problems with your mood (depression, anxiety, or a personality disorder) or have been treated by a psychiatrist for other mental illnesses.

If you notice any of the following symptoms while taking **Tramadex OD**, it could be a sign that you have become dependent or addicted:

- You need to take the medicine for longer than advised by your doctor.
- You need to take more than the recommended dose.
- You are using the medicine for reasons other than prescribed, for instance, "to stay calm" or "help you sleep".
- You have made repeated, unsuccessful attempts to quit or control the use of the medicine.
- When you stop taking the medicine you feel unwell, and you feel better once taking the medicine again ("withdrawal effects").

If you notice any of these symptoms, consult your doctor to discuss the most appropriate treatment for you, including when it is appropriate to stop treatment and how to stop safely (see section 3).

Sleep-related breathing disorders

Tramadex OD contains an active ingredient that belongs to a group of medicines called opioids. Opioids can cause sleep-related breathing disorders, such as sleep apnea (shallow/pause of breathing during sleep), and sleep-related hypoxemia (low level of oxygen in the blood).

The risk of experiencing sleep apnea is dependent on the dose of the opioid. Your doctor may consider decreasing your total opioid dose if you experience sleep apnea.

There is a small risk of experiencing serotonin syndrome which can occur after taking tramadol in combination with certain antidepressants or after taking tramadol alone. Seek medical advice immediately if you have any of the symptoms related to this serious syndrome (see section 4 "Side effects").

Epileptic fits have been reported in patients taking tramadol at the recommended dose level. The risk may be increased when doses of tramadol exceed the recommended upper daily dose limit (400 mg).

Taking this medicine regularly, particularly for a long time, can lead to addiction. Your doctor should have explained how long you will be taking it for and when it is appropriate to stop, and how to do this safely.

Rarely, increasing the dose of the medicine may make you more sensitive to pain. If you experience this, talk to your doctor about the treatment.

Addiction can cause withdrawal symptoms when you stop taking this medicine. Withdrawal symptoms can include restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat (palpitations), increased blood pressure, nausea or vomiting, diarrhea, loss of appetite, shaking, shivering, or sweating. Your doctor will discuss with you how to gradually reduce your dose before stopping the medicine. It is important that you do not stop taking the medicine suddenly, as this increases the risk of experiencing withdrawal symptoms.

Opioids should only be used by those they are prescribed for. Do not give the medicine to anyone else. Taking higher doses or more frequent doses of opioid, may increase the risk of addiction. Overuse and misuse can lead to overdose and/or death.

Tramadol is transformed in the liver by an enzyme. Some people have a variation of this enzyme and this can affect them in different ways. Some people may not get enough pain relief, and other people may be more likely to get serious side effects. If you notice any of the following side effects, stop taking the medicine and seek immediate medical advice: slow or shallow breathing, confusion, sleepiness, small pupils, nausea or vomiting, constipation, lack of appetite.

Talk to your doctor if you experience any of the following symptoms while taking

Tramadox OD:

Extreme fatigue, lack of appetite, severe abdominal pain, nausea, vomiting or low blood pressure. This may indicate that you have adrenal insufficiency (low cortisol levels). If you have these symptoms, contact your doctor, who will decide if you need to take hormone supplement.

Children and adolescence

The use of this medicine is not recommended in children under 14 years of age.

Use in children with breathing problems: tramadol is not recommended in children with breathing problems, since the symptoms of tramadol toxicity may be worse in these children.

Drug interactions

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

Do not take **Tramadex OD** together with MAO inhibitors (certain medicines for the treatment of depression), or if you have taken them within 14 days before taking **Tramadex OD** (see also in section 2 "Do not use the medicine").

The effect of **Tramadex OD** may be reduced and the length of time it acts may be shortened if it is taken together with medicines containing:

- Carbamazepine (for the treatment of epileptic fits)
- Ondansetron (to prevent nausea)

Your doctor will tell you whether you should take **Tramadex OD** and which dose.

The risk of side effects may increase if you are taking:

- Other pain relievers such as morphine and codeine (also for cough relief) or alcohol while you are taking **Tramadex OD**. You may feel drowsy or feel that you might faint. If this happens to you, tell your doctor.
- Concomitant use of **Tramadex OD** and tranquillizers, sleeping pills (e.g. benzodiazepines) or other sedatives or medicines that impair breathing activity (e.g. opioids) or gabapentin or pregabalin to treat epilepsy or pain due to nerve problems (neuropathic pain) increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma or may be life-threatening. Because of this, concomitant use should only be considered when other treatment options are not possible. However, if your doctor prescribes **Tramadex OD** together with sedating medicines, the dose and the duration of concomitant treatment should be limited by your doctor. Please tell your doctor about all sedating medicines you are taking, and follow your doctor's dose recommendation closely. Asking friends or family to be aware of the signs and symptoms can help. Contact your doctor if you experience these symptoms.
- Medicines which may cause convulsions (fits), such as certain antidepressants or antipsychotics. The risk of having a fit may increase if you take **Tramadex OD** at the same time. Your doctor will tell you whether **Tramadex OD** is suitable for you.
- Certain antidepressants, **Tramadex OD** may interact with them, and you may experience serotonin syndrome (see section 4 "Side effects").
- Coumarin anticoagulants (medicines for blood thinning) such as warfarin, together with **Tramadex OD**. The effect of these medicines on blood clotting may be affected and bleeding may occur.
- Medicines used to treat allergies, travel sickness or nausea (antihistamines or antiemetics).
- Medicines to treat psychiatric disorders (antipsychotics or neuroleptics).
- Muscle relaxants.
- Medicines to treat Parkinson's disease.

Use of the medicine and food

Food does not influence the effect of **Tramadex OD**.

Use of the medicine and alcohol consumption

Do not drink alcohol during treatment with **Tramadex OD**, as its effect may be intensified.

Pregnancy, breastfeeding and fertility

Do not take **Tramadex OD** if you are pregnant or think you may be pregnant, unless you have discussed this with your doctor and the benefits of treatment are considered to outweigh the potential harm to the baby. If you use **Tramadex OD** during pregnancy, your baby may become dependent and experience withdrawal symptoms after the birth, which may need to be treated.

Do not take **Tramadex OD** while you are breastfeeding as tramadol passes into breast milk and will affect your baby.

Based on human experience, tramadol is suggested not to influence female or male fertility.

Driving and using machines

Tramadex OD may cause drowsiness, dizziness and blurred vision, and therefore may impair your reactions. If you feel that your reactions are affected, do not drive a car or other vehicles, do not use electric tools or operate machinery.

This medicine can affect your ability to drive as it may make you sleepy or dizzy.

Do not drive while taking this medicine until you know how it affects you.

Talk to your doctor or pharmacist if you are not sure whether it is safe for you to drive while taking this medicine.

As for children, they should be warned about riding a bicycle or playing near roads etc.

Important information about some of the ingredients of the medicine

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say, essentially "sodium-free".

3. How to use the medicine?

Always use the medicine according to the doctor's instructions. Check with the doctor or pharmacist if you are not sure about the dosage and the manner of treatment with the medicine.

The dosage should be adjusted to the intensity of your pain and your individual pain sensitivity. In general, the lowest dose that relieves pain should be taken. Do not take more than 400 mg of tramadol per day, unless your doctor has told you to do so.

The dosage and manner of treatment will be determined by the doctor only. The usual recommended dosage is:

Adults and adolescents aged 14 and over:

The starting dose is 100 mg, once daily. Afterwards, continue with a dose of 200 mg, once daily. If pain relief is insufficient, the maximum dose is 300 or 400 mg once daily.

Elderly patients (up to 75 years of age): there is no need to adjust the dosage.

Severe liver or kidney disease (insufficiency)/dialysis patients: in cases of severe liver and/or kidney insufficiency, do not take **Tramadex OD** (see also "Do not use the medicine"). If your insufficiency is mild or moderate, your doctor may recommend prolonging the intervals between the doses.

Do not exceed the recommended dose.

Method of administration:

Swallow the tablet whole with a glass of water, preferably in the evening. **Tramadex OD** can be taken with a drink or food.

Do not halve, chew, crush or dissolve the tablet as it is a prolonged release tablet. The tablets should be taken once every 24 hours.

Do not take the medicine for longer than required. If you need to be treated for a long period of time, your doctor will check at regular and short intervals (including periods without treatment, if necessary) whether you can continue to take the medicine and at what dosage.

How long should you use Tramadex OD?

Your doctor should have discussed with you how long you will need to take this medicine and arrange a plan for stopping treatment. This plan will outline how to gradually reduce the dose until you stop taking it.

If you have accidentally taken a higher dosage

If you have taken an additional dose by mistake, this will generally have no negative effects. Continue taking the next dose as required.

After taking very high doses, pin-point pupils, vomiting, fall in blood pressure, fast heart beat, collapse, disturbed consciousness up to coma (deep unconsciousness), epileptic fits, and difficulty in breathing up to cessation of breathing and death may occur. In such cases, contact a doctor immediately. Bring the package of the medicine with you.

If a child has accidentally swallowed the medicine, proceed immediately to a doctor or a hospital emergency room and bring the package of the medicine with you.

If you forgot to take the medicine

If you forgot to take this medicine at the designated time, do not take a double dose to make up for a forgotten dose. Take the next dose at the regular time.

Continue with the treatment as recommended by the doctor.

Even if there is an improvement in your health, do not stop taking this medicine without consulting the doctor.

If you stop taking the medicine

Do not suddenly stop taking this medicine. If you want to stop taking the medicine, consult your doctor first. The doctor will explain how to do this, usually by reducing the dose gradually so that unpleasant withdrawal effects are kept to a minimum.

Withdrawal symptoms such as restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat (palpitations), increased blood pressure, nausea or vomiting, diarrhea, shaking, shivering or sweating may occur if you suddenly stop taking this medicine.

Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.

If you have further questions on the use of this medicine, consult the doctor or pharmacist.

4. Side effects

Like any medicine, the use of **Tramadex OD** may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not suffer from any of them.

You should contact your doctor immediately if you experience symptoms of an allergic reaction such as swelling of the face, tongue and/or throat and/or difficulty swallowing or hives (red bruises on the skin) together with difficulties in breathing.

Very common side effects (effects that occur in more than 1 in 10 users):

- Dizziness
- Nausea

Common side effects (effects that occur in 1-10 out of 100 users):

- Headaches, drowsiness
- Fatigue
- Constipation, dry mouth, vomiting
- Sweating

Uncommon side effects (effects that occur in 1-10 out of 1,000 users):

- Effects on the heart and blood circulation (pounding of the heart, fast heartbeat, feeling faint or collapse). These side effects occur particularly in patients in an upright position or under physical strain.
- Urge to vomit, stomach problems (such as feeling of pressure in the stomach, bloating), diarrhea
- Skin reactions (such as itching, rash)
- Withdrawal symptoms

Rare side effects (effects that occur in 1-10 out of 10,000 users):

- Allergic reactions (such as difficulty in breathing, wheezing, swelling of the skin) and shock (sudden circulation failure)
- Slow heartbeat
- Increased blood pressure
- Abnormal sensations (such as itching, tingling, numbness), trembling, epileptic fits, muscle twitches, uncoordinated movement, transient loss of consciousness (syncope), speech disorders.
- Epileptic fits have occurred mainly at high doses of tramadol or when tramadol was taken at the same time as other medicines which may induce fits.
- Changes in appetite
- Hallucinations, confusion, sleep disorders, delirium (acute confusion), anxiety, nightmares
- Psychological complaints may appear after treatment with **Tramadex OD**. Their intensity and nature may vary (according to the patient's personality and length of therapy). They may appear as a change in mood (mostly high spirits, occasionally irritated mood), changes in activity (usually suppression, occasionally increase) and decreased cognitive and sensory perception (being less aware and less able to make decisions, which may lead to errors in judgment).
- Blurred vision, excessive dilation of the pupils (mydriasis), constriction of the pupils (miosis)
- Slow breathing, shortness of breath (dyspnea)
- Worsening of asthma has been reported, however it has not been established whether it was caused by tramadol. If the recommended doses are exceeded or if other medicines that depress brain function are taken at the same time, there may be slow breathing.
- Muscle weakness
- Passing urine with difficulty or pain (dysuria), passing less urine than normal

Very rare side effects (effects that occur in less than 1 in 10,000 users):

- Increased liver enzymes

Side effects with unknown frequency (effects for which a frequency has not yet been determined):

- Low blood sugar level
- Hiccups
- Serotonin syndrome, that can manifest as mental status changes (such as agitation, hallucinations, coma) and other effects, such as fever, increase in heart rate, unstable blood pressure, involuntary twitching, muscular rigidity, lack of coordination and/or gastrointestinal symptoms (e.g. nausea, vomiting, diarrhea) (see section 2 "Before using the medicine").

Drug withdrawal:

When you stop taking **Tramadol OD**, you may experience withdrawal symptoms which include restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat

(palpitations), increased blood pressure, nausea or vomiting, diarrhea, shaking, shivering, or sweating.

How do I know if I am addicted?

If you notice any of the following signs while taking **Tramadox OD**, it could be a sign of addiction:

- You need to take the medicine for longer than advised by your doctor.
- You feel you need to use more than the recommended dose.
- You are using the medicine for reasons other than prescribed.
- When you stop taking the medicine you feel unwell, and you feel better once taking the medicine again.

If you notice any of these signs, it is important you talk to your doctor.

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 can be reported to the Ministry of Health by clicking the link

"דיווח על תופעות לוואי עקב טיפול תרופתי" found on the homepage of the Ministry of Health website (www.health.gov.il) directing to the online form for reporting side effects or via the link: <https://sideeffects.health.gov.il>

5. How to store the medicine?

- Avoid poisoning! This medicine and any other medicine must be stored in a closed place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.
- Do not use the medicine after the expiry date (תאריך תפוגה) stated on the package. The expiry date refers to the last day of that month.
- **Storage conditions:** store below 25°C.
- Do not throw away any medicines via wastewater or household waste. Ask the pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Additional information

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

Polyvinyl acetate, xanthan gum, hydroxypropyl distarch phosphate (E1442) (Contramid®), povidone, hydrogenated vegetable oil, magnesium stearate, silica colloidal anhydrous, sodium laurilsulfate

What the medicine looks like and what the package contains:

Round, white to off-white tablet.

Approved package sizes: 2, 5, 10, 20, 30, 150 tablets. Not all package sizes may be marketed.

Manufacturer and address: Dexcel Ltd., 1 Dexcel St., Or Akiva 3060000, Israel.

Revised in March 2025 according to MOH guidelines.

Drug registration number at the national drug registry of the Ministry of Health:

Tramadox OD 100: 139-25-31580

Tramadox OD 200: 139-26-31581

Tramadox OD 300: 139-27-31582

Registration holder: Dexcel Pharma Technologies Ltd., 10 Hakidma St., Yokneam Illit
2069200, Israel