PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) - 1986

The medicine is dispensed with a doctor's prescription only

Brotizolam Teva 0.25 mg

Tablets

Composition:

Each tablet contains:

Brotizolam 0.25 mg

For information on inactive and allergenic ingredients in the preparation see section 2 "Important information about some of the ingredients of the medicine" and section 6 "Further information".

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

This medicine has been prescribed to treat your ailment. Do not pass it on to others. It may harm them even if it seems to you that their ailment is similar.

Introduction

This medicine belongs to the group of benzodiazepines, which has special properties that require extra caution when using it.

Close medical supervision is very important when taking this medicine. Therefore, when taking this medicine, make sure to refer to the doctor after two weeks, since treatment is indicated for a short time only.

Prolonged use of this medicine may cause the effect of the medicine to diminish. Prolonged use may also cause a serious effect of dependence, which makes it difficult for the patient to stop taking the medicine. Therefore, stop taking the medicine gradually, as per the doctor's instructions.

Unregulated discontinuation of the treatment is accompanied by withdrawal symptoms, such as: tension, nervousness, confusion, tremor, insomnia, abdominal pain, nausea, vomiting, sweating, convulsions, muscle spasms and pain.

Occasionally, prolonged use of this medicine may cause changes in behavioral patterns and troublesome thoughts.

Especially in the elderly: exercise caution and lean on something when getting up from bed and walking, since the medicine impairs alertness and sometimes coordination of body movements, and therefore there is a fear of stumbling and falling.

Taking this medicine with medicines from the opioid group, other central nervous system depressants (including drugs) or alcohol, may cause deep sleepiness, breathing difficulties (respiratory depression), coma and death.

1. WHAT IS THE MEDICINE INTENDED FOR?

For the treatment of sleeping problems.

Therapeutic group

Belongs to the benzodiazepines group.

2. BEFORE USING THE MEDICINE

Do not use the medicine if:

- You are sensitive (allergic) to the active ingredient, to other benzodiazepines or to any of the other ingredients contained in the preparation (for the list of inactive ingredients, see section 6).
- You are pregnant or breastfeeding.
- You are suffering from severe respiratory insufficiency, sleep apnea, severe liver insufficiency, myasthenia gravis.
- You are suffering, or have suffered in the past, from dependence on medicines, drugs or alcohol.
- You are suffering from intoxication of alcohol, sleeping pills, opioid analgesics or psychiatric medicines (e.g., antipsychotics, antidepressants, lithium).
- The preparation is not intended for children and adolescents under the age of 18.

Special warnings regarding use of Brotizolam Teva:

- Prolonged use may cause dependence! The risk of dependence on the medicine increases when taking a high dosage and for a prolonged treatment period. In addition, the risk of developing dependence is higher in patients with a history of dependence on medicines or alcohol. If there is dependence on the medicine, abrupt discontinuation will be accompanied by withdrawal symptoms (see section 3 – "If you stop taking the medicine").
- The preparation contains lactose and may cause allergy among people sensitive to lactose.
- If you are sensitive to any food or medicine, inform the doctor before taking the medicine.
- Do not use this medicine frequently or for a prolonged period without consulting the doctor.
- Taking the preparation daily for several weeks may cause a decrease in its effectiveness.
- Brotizolam Teva has a muscle relaxant effect, which may increase the risk of falls. Use with caution in the elderly.

Before treatment with Brotizolam Teva, tell the doctor if:

- You are suffering, or have suffered in the past, from impaired function of the respiratory system or the liver. In such cases, the doctor may recommend a dose reduction.
- You are suffering, or have suffered in the past, from depression or suicidal thoughts.

Use in children and adolescents

This medicine is not intended for children and adolescents under the age of 18.

Use in the elderly, debilitated patients, patients with liver function problems or patients with respiratory insufficiency this group may be more sensitive to the effects of the medicine and therefore, use with caution and at a lower dosage. An increased risk of falls as a result of muscle relaxation is included among the effects of the medicine, especially in the elderly (see "Introduction").

Drug interactions

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

Especially if you are taking:

- Medicines affecting the central nervous system (such as: sedatives, hypnotics, anti-depressant or anti-anxiety medicines, antipsychotics, medicines to treat epilepsy, certain antihistamines, anesthetics and narcotic analgesics).
- Muscle relaxants, medicines to treat diabetes and high blood pressure, glycosides to treat heart problems (e.g., digoxin), hormones.
- The following medicines may cause an increase in the effect of Brotizolam: azole antifungals (e.g., itraconazole, ketoconazole), macrolide antibiotics (e.g., clarithromycin, erythromycin), protease inhibitors (e.g., indinavir, nelfinavir, ritonavir), cimetidine.
- The following medicines may cause a decrease in the effect of Brotizolam: carbamazepine, efavirenz, St. John's wort (Hypericum), nevirapine, phenobarbital, phenytoin, primidone, rifabutin, rifampicin.
- Additional medicines that may affect the activity of Brotizolam: immunosuppressants (e.g., cyclosporine, sirolimus, tacrolimus), calcium channel blockers, antimalarials such as mefloquine and halofantrine, midazolam, pimozide, sildenafil, medicines from the statin group to lower cholesterol (e.g., atorvastatin, lovastatin, simvastatin), steroids (e.g., ethinylestradiol), tamoxifen, terfenadine.

Use of the medicine and food

- Take the medicine on an empty stomach.
- Do not drink grapefruit juice during treatment.

Use of the medicine and alcohol consumption

Do not drink wines or alcoholic beverages during the course of treatment with the medicine. Concomitant use with alcohol may cause sedation, drowsiness and impair concentration.

Pregnancy and breastfeeding

Do not use the medicine when you are pregnant or breastfeeding.

If you are planning a pregnancy, or suspect you are pregnant, refer to a doctor.

Driving and use of machines

Use of this medicine may impair alertness, ability to concentrate and muscle function (especially when the duration of sleep is insufficient or in combination with medicines that affect the central nervous system). If you experience effects such as those that were detailed, do not drive or operate machines. In any case, exercise caution when driving a vehicle, operating dangerous machinery and when engaging in any activity that requires alertness.

Important information about some of the ingredients of the medicine

This medicine contains less than 23 mg sodium per tablet, namely, it is considered "sodium-free".

Brotizolam Teva contains lactose. If you have been told by your doctor that you have an intolerance to certain sugars, talk to your doctor before taking this medicine.

3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions.

Check with the doctor or pharmacist if you are not sure about the dosage and treatment regimen of the preparation.

The dosage and treatment regimen will be determined by the doctor only.

The recommended dosage is usually: one half to one tablet (according the doctor's decision), before bedtime.

Do not exceed the recommended dose

Attention!

Do not chew! Swallow the tablets with water. The tablet can be halved on the score line.

The preparation is not intended for sublingual administration.

Be sure to get at least 7 hours of sleep after taking the medicine, so that you function normally after waking up.

If you accidentally took a higher dosage or if a child accidentally swallowed the medicine, proceed immediately to a hospital emergency room and bring the package of the medicine with you.

Symptoms of overdose may include drowsiness, confusion, fatigue. In severe cases, impaired coordination, reduced muscle tension, hypotension, respiratory depression, coma (rare) and death (very rare) may occur.

If you forgot to take this medicine at the specified time, take the next dose as usual; there is no need to "compensate" for the forgotten dose and never take two doses together. If you accidentally took a double dose, refer to a doctor.

If you stop taking the medicine:

Even if there is an improvement in your health, do not abruptly stop treatment with the medicine without consulting the doctor. This instruction is especially important for a medicine like Brotizolam Teva (see "Introduction").

- Sometimes, after stopping the medicine, there may be a recurrence or exacerbation of sleeping problems, and, in rare cases, restlessness, mood change, anxiety and tension. The risk for this is higher when abruptly stopping treatment or abruptly lowering the dosage.
- In addition, there may be withdrawal effects after abruptly stopping the medicine (especially if dependence on the medicine developed), such as: headaches, muscle pain, extreme anxiety, tension, sleeping problems, restlessness, confusion, nervousness. In severe case there may be misconception of reality, personality changes, numbness and tingling in the hands and legs, hypersensitivity to light, noise and touch; hallucinations, epileptic attacks. These effects may also occur a few days after stopping the medicine.

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

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

4. SIDE EFFECTS

As with any medicine, use of Brotizolam Teva 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.

Refer to a doctor immediately if the following side effects appear:

Paradoxical reactions such as: restlessness, agitation, nervousness, rage, aggressiveness, increased insomnia, nightmares, hallucinations, psychoses, changes in behavioral patterns including inappropriate behavior, confusion and delirium (uncommon side effects).

Additional side effects:

Common side effects - appear in 1-10 users out of 100

light-headedness, headache, disturbances of the digestive system.

Uncommon side effects – appear in 1-10 users out of 1,000

nightmares, depression, changes in mood, anxiety, dependency on the medicine, emotional disturbances, behavioral changes, agitation, changes in libido, dizziness, sedation (disorientation, fatigue), lack of coordination and impairment of body movements coordination (ataxia), memory disturbances, dementia, mental and psychomotor impairments, vision disturbances (such as double-vision), liver disturbances (including jaundice and changes in liver function test values), dry mouth, skin reactions, muscle weakness, withdrawal effects and recurrence or exacerbation of sleeping problems after stopping the medicine, drowsiness (during the day), nervousness, increased risk of accidents and falls.

Rare side effects – appear in 1-10 users out of 10,000

confusion, restlessness, decrease in alertness and vigilance.

If a side effect occurs, if one of the side effects worsens, or if you suffer from a side effect not mentioned in the leaflet, consult with the doctor.

Reporting side effects

Side effects can be reported to the Ministry of Health by clicking on the link "Report Side Effects of Drug Treatment" found on the Ministry of Health homepage (www.health.gov.il) that directs you to the online form for reporting side effects, or by entering the link:

https://sideeffects.health.gov.il

5. HOW SHOULD THE MEDICINE BE STORED?

Avoid poisoning! This medicine and any other medicine must be kept in a safe place out of the reach and sight of children and/or infants in order to avoid poisoning. Do not induce vomiting without explicit instruction from the doctor.

- Do not use the medicine after the expiry date (exp. Date) that appears on the package.

  The expiry date refers to the last day of that month.
- **Store in a dry place, below 25°C.**

6. FURTHER INFORMATION

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

Lactose monohydrate, microcrystalline cellulose, pregelatinized starch, sodium starch glycolate, povidone, magnesium stearate.

What the medicine looks like and the contents of the package:

A round white to off-white tablet, with a score line on one side of the tablet.

The package contains 10 or 20 tablets per box. Not all package sizes may be marketed in practice.

Name of Manufacturer and License Holder and Address:

Teva Israel Ltd.,

124 Devorah Hanevia St., Tel Aviv 6944020.

This leaflet was revised in June 2022 according to MOH guidelines.

Registration number of the medicine in the National Drug Registry of the Ministry of Health:

119.95.30040