

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

This medicine is marketed upon physician's prescription only

SINEMET[®] CR

Carbidopa 50 mg/ Levodopa 200 mg Controlled Release Tablets

Each tablet contains:

Active ingredients: Carbidopa 50 mg/ Levodopa 200 mg

Inactive ingredients: see section 6 "What **SINEMET CR** contains".

Read all of this leaflet carefully before you start using this medicine.

- This leaflet contains concise information about **SINEMET CR**. If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their ailment seems similar.
- This medicine is not suitable for children and adolescents under 18 years of age

1. WHAT IS SINEMET CR INTENDED FOR?

SINEMET CR is used for the treatment of Parkinson's disease and Parkinsonism symptoms.

Therapeutic group: Anti-Parkinson agent.

Parkinson's disease is a long-term illness where:

- you become slow and unsteady
- your muscles feel stiff
- you may develop shaking or trembling (called 'tremor').

If not treated, Parkinson's disease can make it hard for you to continue your normal daily activities.

SINEMET CR contains two different medicines called: levodopa and carbidopa.

- levodopa turns into a material called "dopamine" in the brain. The dopamine helps to improve the signs of your Parkinson's disease.
- carbidopa belongs to a group of medicines called "aromatic amino acid decarboxylase inhibitors". It helps levodopa work more effectively by slowing the speed at which levodopa is broken down in the body.

2. BEFORE USING SINEMET CR

2.1 Do not use SINEMET CR if:

- You are hypersensitive (allergic) to carbidopa or levodopa or any of the other ingredients of **SINEMET CR** (for a list of inactive ingredients, see section 6)
- you have ever had skin cancer or you have any unusual moles which have not been examined by your doctor
- you are taking certain medicines called "MAOIs" (Monoamine Oxidase Inhibitors) used for depression. You need to stop using these medicines at least two weeks before you start **SINEMET CR** (see also "Taking other medicines")
- you have a condition called "narrow-angle glaucoma" that may cause a sudden build up of pressure in the eye
- you have a severe mental disorder
- you are pregnant, might become pregnant, or are breast-feeding.

Do not take **SINEMET CR** if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking **SINEMET CR**.

2.2 Special warnings concerning use of SINEMET CR

Before starting treatment with SINEMET CR, inform the doctor if

- you have a history of fits (convulsions)
- you have had an ulcer in your gut (called "duodenal" or "peptic ulcer") or have vomited blood
- you have had a heart attack, heart rate problems, circulation or breathing problems
- you have had kidney, liver or hormonal problems
- you have had depression or other mental problems
- you have a condition called "chronic wide-angle glaucoma" that may cause an increase of pressure in the eye. You will need to have regular checks on the pressure in your eye.
- you sometimes have sudden sleep attacks or sometimes feel very sleepy
- you are due to have surgery.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking **SINEMET CR**.

Tell your doctor if you or your family/carer notices you are developing addiction-like symptoms leading to craving for large doses of **SINEMET CR** and other medicines used to treat Parkinson's disease.

Tell your doctor if you or your family/carer notices you are developing urges or cravings to behave in ways that are unusual for you or you cannot resist the impulse, drive or temptation to carry out certain activities that could harm yourself or others. These behaviors are called impulse control disorders and can include addictive gambling, excessive eating or spending, an abnormally high sex drive or an increase in sexual thoughts or feelings. Your doctor may need to review your treatments.

2.3 Taking other medicines

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

- Medicines for Parkinson's disease containing levodopa:
 - If they are "slow release", you will need to wait 24 hours after your last dose before starting **SINEMET CR**.
 - If they are "normal release", you will need to wait 12 hours after your last dose before starting **SINEMET CR**.
 - Tell the doctor or pharmacist even if you have only taken them in the past.

Medicines for Parkinson's disease which do not contain levodopa will usually be continued. However, your dose may be changed.

- Medicines for mental problems (including depression), tuberculosis (TB), high blood pressure, muscle spasms, epilepsy or other diseases related to involuntary movements, or medicines to treat low iron. Your dose may need to be changed.
- Medicines called "MAOIs" (see also section 2 "Do not use **SINEMET CR** if").
- Anticholinergic medicines (such as orphenadrine, trihexyphenidyl, benztropine and procyclidine). Your dose may need to be changed.
- Phenytoin which is used to treat fits (convulsions).
- Papaverine

If you are not sure if any of the above apply to you, talk to the doctor or pharmacist before taking this medicine. Your doctor or pharmacist has a more complete list of medicines to avoid while taking **SINEMET CR**.

2.4 Tests while you are taking **SINEMET CR**

This medication can affect some laboratory tests that your doctor may perform on blood or urine samples. Please remind your doctor if you are taking **SINEMET CR** and are having any tests.

2.5 Taking **SINEMET CR** with food

Try to avoid taking your tablets with a heavy meal. If your diet contains too much protein (meat, eggs, milk, cheese) **SINEMET CR** may not work as well as it should.

2.6 Pregnancy and breast-feeding

Do not take **SINEMET CR** if you are pregnant, might become pregnant or are breast-feeding. Levodopa, one of the substances in **SINEMET CR**, is passed into human milk.

Ask your doctor or pharmacist for advice before taking any medicine, if you are pregnant or breast-feeding.

2.7 Driving and using machines

- **SINEMET CR** affects different people in different ways. Some people have side effects which affect their ability to drive or use tools or machines (see Section 4 "Side Effects"). Do not drive or use tools or machines if you get these effects.
- **SINEMET CR** can also make you sleepy or cause "sudden sleep attacks". If this happens to you, you must not drive or use tools or machines. Your doctor will tell you if you can start driving again if these attacks stop.

3. HOW DO YOU USE SINEMET CR?

Always take **SINEMET CR** exactly as instructed by your doctor. You should check with your doctor or pharmacist if you are not sure.

The dosage and treatment are determined only by the physician.

The usual recommended dose is:

If you have not had levodopa before

The usual starting dose for **SINEMET CR** is one tablet twice a day.

If you have had levodopa before

Your doctor will ask you to stop taking your medicine for Parkinson's disease for 8 hours before you start taking **SINEMET CR**.

The usual starting dose for **SINEMET CR** is one tablet twice a day.

Do not exceed the recommended dosage.

Take this medicine by mouth. In order to maintain the slow release properties of **SINEMET CR**, do not crush or chew the tablets. Swallow your tablets whole or if so prescribed, the **SINEMET CR** tablets may be broken in half.

Although your medicine can have an effect after one day, it may take up to seven days to work.

Take them at regular time intervals according to your doctor's instructions.

Do not change the times at which you take your tablets or take any other medicines for Parkinson's disease without first consulting your doctor. You should not take **SINEMET CR** tablets at intervals of less than 4 hours apart.

Try to avoid taking your tablets with a heavy meal.

If you have accidentally taken a higher dose than you should

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

If you forget to take SINEMET CR

If you forgot to take **SINEMET CR** at the specified time do not take a double dose to make up for a forgotten dose. Resume your regular dosing schedule and consult the doctor.

You should persist with the treatment as recommended by your doctor.

Even if there is an improvement in your condition, do not discontinue use of this medicine, without consulting your doctor or pharmacist.

If you stop taking SINEMET CR

Do not stop taking **SINEMET CR** or change your dose without talking to your doctor first. When you stop taking **SINEMET CR** the following can occur: stiff muscles, high temperature (fever) and mental changes.

- Do not take medicines in the dark! Check the label and the dose each time you take your medicine. Wear glasses if you need them.
- If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. SIDE EFFECTS

Like all medicines, use of **SINEMET CR** can cause side effects in some of the users.

Do not be alarmed by reading the list of side effects, you may not suffer from any of them.

Stop taking SINEMET CR and refer to the doctor immediately, if you develop any of the following side effects:

- allergic reaction, the signs may include hives (nettle rash), itching, rash, swelling of your face, lips, tongue or throat. This may cause difficulty in breathing or swallowing
- chest pain
- uneven (irregular) heart beat or palpitations
- dizziness on standing-up quickly
- bleeding from your gut which may be seen as blood in your faeces or darkened faeces (gastro-intestinal bleeding)
- blood problems, the signs may include pale skin (pallor), tiredness, fever, sore throat or mild bruising and prolonged bleeding after injury
- stiff muscles, high fever
- mental changes including delusions, hallucinations and depression
- fits (convulsions).

Additional side effects:

Common (affects 1 to 10 in 100 users)

- abnormal movements such as twitching or spasms (which may or may not be like your Parkinson's symptoms)
- nausea.

Other side effects include:

- fainting, anorexia, high blood pressure
- inflammation of the veins, being sick (vomiting), diarrhoea, discoloration of urine, sweat or saliva
- on-off phenomenon, characteristic of some people with long-standing Parkinson's disease. This is when you can have unpredictable changes from being mobile - "on" - to a sudden inability to move - "off". "Off" to "on" can occur just as suddenly.
- dizziness, sleepiness (including excessive drowsiness or sudden sleep onset episodes), pins and needles
- dream abnormalities, confusion, feeling agitated, shortness of breath, hair loss

You may experience the following side effects:

- Craving for large doses of **SINEMET CR** in excess of that required to control motor symptoms, known as dopamine dysregulation syndrome. Some patients experience severe abnormal involuntary movements (dyskinesias), mood swings or other side effects after taking large doses of **SINEMET CR**.
- inability to resist the impulse to perform an action that could be harmful, which may include:
 - strong impulse to gamble excessively despite serious personal or family consequences.
 - altered or increased sexual interest and behaviour of significant concern to you or to others, for example, an increased sexual drive.
 - uncontrollable excessive shopping or spending
 - binge eating (eating large amounts of food in a short time period) or compulsive eating (eating more food than normal and more than is needed to satisfy your hunger)

Tell your doctor if you experience any of these behaviors; they will discuss ways of managing or reducing the symptoms.

Side effects that have been reported with medicines containing levodopa.

These may be experienced when taking **SINEMET CR**.

Nervous system:

- loss of control over the voluntary movements of everyday life
- numbness, increased hand tremor, muscle twitching, muscle cramp, irregular movement of jaw muscles resulting in difficulty opening the mouth
- difficulty sleeping, feeling anxious or high, falling over and abnormal walking patterns
- headache

Eyes:

- drooping eyelid and dilated pupil
- changes in vision, irregular movement of the eye

Digestive system:

- indigestion, dry mouth, bitter taste
- swelling of the salivary glands, difficulty swallowing, grinding of the teeth
- hiccups, abdominal pain and distress, constipation, wind (flatulence)
- burning sensation of the tongue

Sexual:

- persistent abnormal erection of the penis

Urinary:

- difficulty passing urine or incontinence (inability to control urine flow)

Skin:

- changed patches of pigmented skin, including, irritated or irregular moles, or moles in which you have noticed changes (could be melanoma)

General:

- weight gain or loss, swelling in the limbs
- flushing, hot flushes, increased sweating
- feeling weak, faint or tired
- hoarseness, general feeling of being unwell
- increased energy or activity, unusual breathing pattern

If any of the side effects persist or gets serious, or you experience any other side effects not listed in this leaflet, consult your doctor. It will help if you make a note of what you experienced, when it started and how long it lasted.

Side effects can be reported to the Ministry of Health by using the link "Adverse Drug Reactions Report" at the home page of the Ministry of Health's web site (www.health.gov.il) which refers to the online side effects reporting form, or by using the link: <https://sideeffects.health.gov.il/>

5. HOW TO STORE SINEMET CR?

- Avoid Poisoning! This medicine, as all other medicines, must be stored in a safe place out of the reach and sight of children and/or infants, in order to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by a doctor!
- Do not use **SINEMET CR** after the expiry date which is stated on the label and outer carton after (exp. date). The expiry date refers to the last day of the indicated month.
- Do not store above 25°C. Store in the original package in order to protect from light.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

In addition to the active ingredients the medicine also contains inactive ingredients:

Hydroxypropyl cellulose, poly (vinyl acetate-crotonic acid) copolymer, magnesium stearate, quinoline yellow aluminum lake (E104) and red ferric oxide.

What SINEMET CR looks like and content of the pack

A peach-coloured, oval shaped tablet marked "521" on one side and scored on the other.

SINEMET CR is available in blister packs containing 30, 90, 100 tablets.

Not all pack sizes may be marketed.

Marketing Authorization Holder:

Merck Sharp & Dohme (Israel-1996) Company Ltd., P.O.Box 7121, Petah-Tikva 49170.

Manufacturer:

Merck Sharp & Dohme B.V., Haarlem, The Netherlands.

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