

This medicine is sold without a doctor's prescription

TRAVAMIN TABLETS

Active Ingredient:

Each tablet contains: Dimenhydrinate 100 mg

For the list of inactive ingredient, see the chapter 6 "Further information"

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

This medicine is intended for adults and children above 6 years of age. For children less than 6 years of age consult your doctor.

You should use and swallow the medicine correctly.

For further information consult your pharmacist.

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

1. What is this medicine intended for?

The medication is intended for prevention and treatment of nausea, vomiting or dizziness of motion sickness (air, sea, car sickness) or after radiotherapy.

Therapeutic group: Antihistaminic.

2. Before using this medicine:

Do not use this medicine:

- If you are sensitive to antihistamines or any of its ingredients.

Do not take this medicine without consulting a doctor before starting treatment:

- If you are pregnant, plan to become pregnant or breastfeeding.
- If you have suffered in the past, from impaired function of the respiratory system (e.g. asthma, chronic bronchitis or emphysema).
- If you are suffering from impaired function of the heart and/or vascular system (hypertension).
- If you are suffering from impaired function of the eyes (e.g. glaucoma).
- If you are suffering from impaired function of the kidney/urinary tract, the digestive system (e.g. ulcer, appendicitis, intestinal obstruction).
- If you are suffering from impaired function of the thyroid gland, the prostate gland, difficulty in urinating as a result of prostate enlargement.
- If you are suffering from epileptic seizures, contractions (spasm).
- Do not use this medicine in children under 6 years of age and infant without consulting your doctor.

Special warning regarding use of the medicine:

If you are sensitive to any type of food or medicine, inform your doctor before commencing treatment with this medicine. Inform your doctor that you are taking this medicine before performing a test for skin sensitivity. Elderly patients are more sensitive to the side effects of the medicine.

If you are taking or if you have recently taken other medicines including non-prescription medicines and dietary supplement, inform the doctor or pharmacist. Especially, inform the doctor or pharmacist if you take:

- Drugs affecting the central nervous system (e.g. Sedatives, hypnotics, drugs for parkinsonism, epilepsy, strong pains).
- Antidepressants.
- Antidepressants MAOI inhibitors.
- Anticholinergics (medicines to the contractions and spasms in the abdomen).
- Medicines for cough or cold.
- Anti allergic drugs.
- Aminoglycoside antibiotics.

Use of this medicine and food:

Do not chew. Swallow the medicine with water, with meal.

Use of this medicine and alcohol:

Do not drink wines or alcoholic beverages during the course of treatment with the medicine.

Pregnancy and breast-feeding:

Do not use the medicine without consulting a physician prior to beginning treatment if you are pregnant, plan to become pregnant or breastfeeding.

Driving and using machines:

Do not drive or use machines while using the medicine until you know how the medicine affects you.

Important information about some ingredients of the Travamin tablets:

This medicine contains dyes. The medicine may cause allergic reactions. This medicine contains lactose (all tablets contains 19.12 mg) and may cause allergic reaction in lactose allergic people. Consult your doctor before commencing the treatment.

3. How should you use this medicine?

If you are uncertain as how this medicine, consult your doctor or your pharmacist.

Recommended dosage unless otherwise prescribed by your doctor:

Adults: 0.5-1 tablet, every 4-6 hours and not more of 4 tablets a day (until 400 mg a day).

Children 6-12 years: 0.25-0.5 tablet, every 6-8 hours and not more of 1.5 tablets a day (until 150 mg a day).

This medicine is usually not intended for children and infants under the age of 6 years without consulting a doctor.

Do not exceed the recommended dosage.

Do not chew! Swallow the medicine with a small amount of water.

The tablet may be halved / crushed. Take the medicine with a meal.

Do not drink wine or any other alcoholic beverages while using the medicine.

If you forgot to take the medicine at the scheduled time, take the dose as soon as you remember but never take two doses together. Take the next dose at the usual time and consult the physician or pharmacist. To prevent motion sickness, the medicine should be taken 30 minutes before travelling.

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

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 any further questions regarding use of this medicine, consult your doctor or pharmacist

4. Side Effects:

Like all medicines, use of Travamin tablets 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.

This medicine may cause: dryness of the mouth, nose or throat, rash, drowsiness, headache, nausea, abdominal pain, loss of appetite. These side effects usually disappear within a short time following the period of adaptation to the medicine. If these effects continue to be bothersome, refer to the doctor.

Stop the treatment and refer to the doctor in the following effects:

- Allergic reaction such as rash, scratching, face or hands swelling, itching or swelling in the mouth or throat, chest pain, breathing difficulties (rare).
- Tinnitus (ringing or buzzing inside the ears), hypotension, lack of coordination, hyperactivity (especially in children).
- Blurring of vision, painful or difficult urination (rare).
- Changes in heart rate (rare).
- Tiredness, weakness (rare).

In the event that you experience side effects not mentioned in this leaflet, or if there is a change in your general health, consult your doctor immediately.

Side effects and drug interactions in children:

The parents should report to the attending physician on any side effects and any additional medicine given to the child!

See above side effects and drug interactions mentioned special.

If at any time you experience side effects that are not mentioned in this leaflet or if you feel an adverse change in your general health, consult your doctor immediately.

5. How should the medicine be stored?

- Avoid poisoning! This medicine, and all other medicines, must be stored in a safe place out of the reach of children and/or infants, to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by a doctor.
- Do not use this medicine after the expiry date stated on the label/carton/bottle. The expiry date refers to the last day of that month.
- Store below 25°C in a dry place.

6. Further information:

In addition of active ingredient (substance) this medicine contains also:

Microcrystalline cellulose (Avicel PH 102), Starch, Lactose, Talc, Colloidal Silicon Dioxide (Aerosil 200), Croscarmellose sodium (Ac-Di-Sol), Magnesium stearate, Pvp K-30, Ethanol 95%, Color Yellow FDC No6 Lake 15-18%, Menthol, Vanillin.

What does the medicine look like and what is the content of the package:

This medicine is commercialized in blister of 10 tablets.

Holder and manufacture:

Rekah Pharmaceutical Industry Ltd.,
30 Hamelacha St. Holon, Israel.

This leaflet was checked and approved it in 05/2013
Registration number of this medicine in drug list of health ministry: 020-17-20777-00

For simplicity and easier to read, this leaflet is formulated male language, however, the medicines is intended for members of both sex.