

## Package leaflet: Information for the patient

### **Timoptol®-LA 0.25% w/v gel-forming eye drops, solution Timoptol®-LA 0.5% w/v gel-forming eye drops, solution timolol (as maleate)**

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

#### **What is in this leaflet:**

1. What Timoptol-LA is and what it is used for
2. What you need to know before you use Timoptol-LA
3. How to use Timoptol-LA
4. Possible side effects
5. How to store Timoptol-LA
6. Contents of the pack and other information

#### **1. What Timoptol-LA is and what it is used for**

Timoptol-LA contains a substance called timolol which belongs to a group of medicines called beta-blockers. Timolol lowers the pressure in your eye(s). It is used to treat glaucoma, when the pressure in the eye is raised.

#### **2. What you need to know before you use Timoptol-LA**

##### **Do not use Timoptol-LA if:**

- you are allergic (hypersensitive) to timolol, beta-blockers or any of the other ingredients of Timoptol-LA (see section 6: Contents of the pack and other information)
- you have now or have had in the past respiratory problems such as asthma, severe chronic obstructive bronchitis (severe lung disease which may cause wheeziness, difficulty in breathing and/or long-standing cough).
- you have heart problems
- slow heartbeat
- disorders of heart rhythm (irregular heart beats)
- heart failure
  - “cardiogenic shock” – a serious heart condition caused by very low blood pressure, which may result in the following symptoms: dizziness and light-headedness, fast pulse rate, white skin, sweating, restlessness, loss of consciousness
- you wear contact lenses.

If you are not sure whether you should use Timoptol-LA talk to your doctor or pharmacist.

#### **Warnings and precautions**

Talk to your doctor before taking Timoptol-LA if you have now or have had in the past

- coronary heart disease (symptoms can include chest pain or tightness, breathlessness or choking), heart failure,

- low blood pressure
- disturbances of heart rate such as slow heart beat
- breathing problems, asthma or chronic obstructive pulmonary disease
- poor blood circulation disease (such as Raynaud's disease or Raynaud's syndrome)
- diabetes as timolol maleate may mask signs and symptoms of low blood sugar
- overactivity of the thyroid gland as timolol maleate may mask signs and symptoms.

Tell your doctor before you have an operation that you are using Timoptol-LA as timolol may change effects of some medicines used during anaesthesia.

If your eye becomes irritated or any new eye problems come on, talk to your doctor straight away. Eye problems could include redness of the eye or swelling of the eyelids (see section 4: Possible Side Effects).

If you suspect that Timoptol-LA is causing an allergic reaction or hypersensitivity (for example, skin rash, or redness and itching of the eye), stop using Timoptol-LA and contact your doctor immediately.

Tell your doctor if:

- you get an eye infection
- you injure your eye or have an operation on it
- your eye problems get worse or you get any new symptoms.

### **Children and adolescents**

Timoptol-LA is not recommended for use in children and adolescents.

### **Other medicines and Timoptol-LA**

Timoptol-LA can affect or be affected by other medicines you are using, including other eye drops for the treatment of glaucoma. Tell your doctor if you are using or intend to use medicines to lower blood pressure, heart medicine or medicines to treat diabetes. Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including other eye drops or medicines obtained without a prescription. It is important to tell your doctor before using Timoptol-LA if you are taking one or more of the following medicines:

- a calcium antagonist, such as nifedipine, verapamil or diltiazem, often used to treat high blood pressure, angina, an abnormal heartbeat or Raynaud's syndrome
- digoxin, a medicine used for heart failure or abnormal heartbeat
- medicines known as catecholamine-depleting agents, such as, rauwolfia alkaloids and reserpine used for high blood pressure
- medicines called pressor amines, such as adrenaline used to treat severe allergic reaction
- quinidine (used to treat heart conditions and some types of malaria)
- antidepressants known as fluoxetine and paroxetine
- clonidine, a medicine used for high blood pressure
- other beta-blockers taken by mouth or used as eye drops, because they belong to the same group of medicines as Timoptol-LA and could have an additive effect.

### **Pregnancy and breast-feeding**

Ask your doctor for advice before taking any medicine.

#### **Use in pregnancy**

Do not use Timoptol-LA if you are pregnant unless your doctor considers it necessary.

#### **Use in breast-feeding**

Do not use Timoptol-LA if you are breast-feeding. Timolol may get into your milk. Ask your doctor for advice before taking any medicine during breast-feeding.

### **Driving and using machines**

After putting your eye drops in your eye, your vision may be blurred for 30 seconds up to 5 minutes. In some patients this may last up to 30 minutes or longer. There are possible side effects associated with Timoptol-LA, such as dizziness, tiredness and changes in your eyesight, such as blurred vision, drooping of the upper eyelid (making the eye stay half closed), double vision which may affect your ability to drive and/or operate machinery. Do not drive and/or operate machinery until you feel well and your vision is clear.

### **3. How to use Timoptol-LA**

Always use Timoptol-LA eye drops solution exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure. The doctor will decide how many drops you should take each day and how long you should use them.

The usual dose is one drop in the affected eye(s) once each day.

If your doctor recommends that you use Timoptol-LA with another eye drop, the other medicine should be administered at least 10 minutes before Timoptol-LA.

Do not change your usual dose without talking to your doctor.

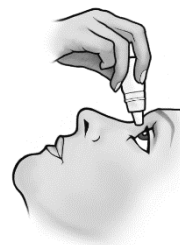
Do not allow the tip of the container to touch the eye or areas around the eye. It may become contaminated with bacteria that can cause eye infection leading to serious damage of the eye, even loss of vision. To avoid possible contamination of the container, keep the tip of the container away from contact with any surface.

#### **Instructions for use.**

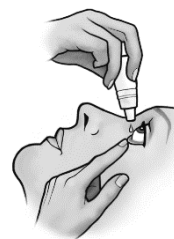
Do not use the bottle if the plastic safety strip around the neck is missing or broken. When opening the bottle for the first time, tear off the plastic safety strip.

#### Every time you use Timoptol-LA:

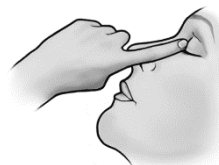
1. Wash your hands.
2. Invert the closed bottle and shake ONCE before each use (it is not necessary to shake the bottle more than once).
3. Open the bottle. **Take special care that the tip of the dropper bottle does not touch your eye, the skin around your eye or your fingers.**
4. Tilt your head backwards and hold the bottle upside down over the eye.



5. Pull the lower eyelid downwards and look up. Hold and gently squeeze the bottle on the flattened sides of the bottle and let one drop fall into the space between the lower eyelid and the eye.



6. Press a finger into the corner of your eye, by the nose, or close your eyelids for 2 minutes. This helps to stop the medicine from getting into the rest of the body.



7. Repeat steps 4 to 6 with the other eye if instructed to do so by your doctor.
8. Put the cap back on and close the bottle tightly.

Ophthalmic medications, if handled improperly, can become contaminated by common bacteria known to cause infections. Serious damage to the eye and subsequent loss of vision may result from using contaminated ophthalmic medications. If you think your medication may be contaminated, or if you develop an eye infection, contact your doctor immediately concerning continued use of this bottle.

#### **If you use more Timoptol-LA than you should**

If you put too many drops in your eye or swallow any of the drops, you may:

- have a headache
- feel dizzy or light-headed
- have difficulty breathing
- have chest pain
- feel that your heart rate has slowed down.

If this happens, contact your doctor immediately.

#### **If you forget to use Timoptol-LA**

It is important to take Timoptol-LA as prescribed by your doctor.

- If you miss a dose, use the drops as soon as possible.
- If it is almost time for the next dose, skip the missed dose and take the next dose at the usual time.
- Do not take a double dose to make up for the forgotten dose.

#### **If you stop using Timoptol-LA**

If you want to stop using this medicine talk to your doctor first. If you have any further questions on the use of this product, ask your doctor or pharmacist.

#### **4. Possible side effects**

Like all medicines Timoptol-LA can cause side effects, although not everybody gets them.

You can usually carry on taking the drops, unless the effects are serious. If you're worried, talk to a doctor or pharmacist. Do not stop using Timoptol-LA without speaking to your doctor.

Like other medicines applied into eyes, timolol is absorbed into the blood. This may cause similar side effects as seen with intravenous and/or oral beta-blocking agents. Incidence of side effects after topical ophthalmic administration is lower than when medicines are, for example taken by mouth or injected. Listed side effects include reactions seen within the class of beta-blockers when used for treating eye conditions.

If you develop allergic reactions including swelling beneath the skin that can occur in areas such as the face and limbs, and can obstruct the airway which may cause difficulty swallowing or breathing, hives or itchy rash, localized and generalized rash, itchiness, severe sudden life-threatening allergic reaction, stop taking your eye drops and seek medical attention immediately.

Low blood glucose levels.

Difficulty sleeping (insomnia), depression, nightmares, memory loss, hallucination.

Fainting, stroke, reduced blood supply to the brain, increases in signs and symptoms of myasthenia gravis (muscle disorder), dizziness, unusual sensations like tingling or pins and needles, and headache.

Signs and symptoms of eye irritation (e.g. burning, stinging, itching, tearing, redness), inflammation of the eyelid, inflammation in the cornea, blurred vision and detachment of the layer below the retina that contains blood vessels following filtration surgery which may cause visual disturbances, decreased corneal sensitivity, dry eyes, corneal erosion (damage to the front layer of the eyeball), drooping of the upper eyelid (making the eye stay half closed) double vision, sensitivity to light, discharge from the eye, pain in the eye.

ringing sound in the ears.

Slow heart rate, chest pain, palpitations, oedema (fluid build up), changes in the rhythm or speed of the heartbeat, congestive heart failure (heart disease with shortness of breath and swelling of the feet and legs due to fluid build up), a type of heart rhythm disorder, heart attack, heart failure.

Low blood pressure, fainting, interference with the blood supply to the brain which may lead to a stroke, Raynaud's phenomenon, cold hands and feet, limping because there is a reduced blood supply to your legs.

Constriction of the airways in the lungs (predominantly in patients with pre-existing disease), difficulty breathing, shortness of breath, wheezing, cough.

Taste disturbances, nausea, indigestion, diarrhoea, dry mouth, abdominal pain, vomiting.

Sexual dysfunction, decreased sex drive, decreased libido. In men a condition which affects your penis called Peyronie's disease. The signs may be abnormal curve, pain or hardening of the tissue of your penis.

Hair loss, skin rash with white silvery coloured appearance (psoriasiform rash) or worsening of psoriasis, skin rash, itching.

Muscle weakness/tiredness, muscle pain not caused by exercise.

A condition called lupus (systemic lupus erythematosus)

Ask your doctor or pharmacist for more information about the side effects.

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Timoptol-LA**

Keep this medicine out of the sight and reach of children.

- Do not store above 25°C.
- Keep the bottle in the outer carton in order to protect from light.
- You can use Timoptol-LA for 28 days after first opening the bottle.

Do not use Timoptol-LA after the expiry date which is stated on the bottle label and the carton after EXP. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

## **6. Contents of the pack and other information**

### **What Timoptol-LA contains**

The active substance is timolol maleate.

Timoptol-LA is available in two strengths:

- 0.25% w/v solution of timolol maleate
- 0.5% w/v solution of timolol maleate.

The other ingredients are:

- benzododecinium bromide as preservative
- gellan gum
- mannitol E421
- trometamol
- water for injections.

### **What Timoptol-LA looks like and contents of the pack**

Timoptol-LA is a sterile gel-forming eye drops solution and is available in bottles containing 2.5 ml of sterile eye drops solution.

### **Marketing Authorisation Holder and Manufacturer**

#### **Marketing Authorisation Holder**

Santen Oy  
Niittyhaankatu 20  
33720 Tampere  
Finland

**Manufacturer**

Santen Oy  
Kelloportinkatu 1  
33100 Tampere  
Finland

**This leaflet was last revised in March 2020.**

This leaflet gives the most important patient information about Timoptol-LA. If you have any questions after you have read it, ask your doctor or pharmacist who will give you further information.

Further information about glaucoma is available from:

International Glaucoma Association (IGA)

15A Highpoint Business Village

Henwood, Ashford

Kent, TN24 8DH

Tel: 01233 648170

E-mail: [info@iga.org.uk](mailto:info@iga.org.uk)

Registered Charity number 274681.

(The IGA is an independent charity organisation which helps glaucoma patients and their relatives, and is not associated with Santen Oy.)

Alternatively, if you or someone you know has problems with their vision, and you require further advice or information, please phone the Royal National Institute for the Blind (RNIB) Helpline on 0303 123 9999.

(The RNIB is an independent UK charity and is not associated with Santen Oy).