

## Package leaflet: Information for the patient

### Stugeron® 15 mg tablets

Cinnarizine

Stugeron is a registered trademark

**Read all of this leaflet carefully before you start taking 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. 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 Stugeron tablets are and what they are used for
2. What you need to know before you take Stugeron tablets
3. How to take Stugeron tablets
4. Possible side effects
5. How to store Stugeron tablets
6. Contents of the pack and other information

#### **1. What Stugeron tablets are and what they are used for**

The name of your medicine is Stugeron 15 mg tablets. It is called Stugeron tablets in this leaflet.

The tablets contain a medicine called cinnarizine that helps symptoms caused by balance or movement problems.

Stugeron tablets are used:

- to control motion sickness
- for problems with balance (such as Ménière's disease) to treat symptoms of:
  - feeling dizzy or lightheaded
  - ringing in the ears
  - feeling sick (nausea) and being sick (vomiting)

This medicine is for use in adults and children aged over 5 years.

#### **How to help stop motion sickness**

The following tips may help you avoid travel sickness:

- At sea
  - Stay on deck and keep your eyes on the horizon
  - Keep away from diesel and galley smells
  - Do not eat rich and fatty foods while travelling
- On the road
  - Keep looking ahead into the distance
  - Travel in daylight with a window open
  - Make sure children can see out of the windscreen
  - Do not read

- Do not eat rich and fatty foods while travelling

## **2. What you need to know before you take Stugeron tablets**

### **Do not take Stugeron tablets if:**

- You are allergic to cinnarizine or any of the other ingredients of this medicine (listed in section 6 below).
- Your child is under 5 years old

Do not take this medicine if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking Stugeron tablets.

### **Warnings and Precautions**

Check with your doctor before taking Stugeron tablets if:

- You have Parkinson's disease
- You suffer from liver or kidney problems
- You have a blood problem called 'porphyria'

You may still be able to take Stugeron tablets, but you should discuss this with your doctor first.

### **Other medicines and Stugeron tablets**

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines that you buy without a prescription, herbal medicines, dietary supplements or vitamins.

In particular tell your doctor or pharmacist if you are taking medicines for:

- Anxiety
- Difficulty sleeping
- Pain
- Depression

Talk to your doctor before taking Stugeron tablets if you are taking any of these medicines.

### **Skin tests**

This medicine could reduce your reaction to skin tests for allergies. If you have taken Stugeron tablets in the 4 days before these tests, tell your doctor.

### **Stugeron tablets with alcohol**

Stugeron tablets can make you drowsy. Drinking alcohol may make this worse.

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

- Do not take Stugeron tablets if you are pregnant, think you may be pregnant or might become pregnant
- Do not take Stugeron tablets if you are breast-feeding. Ask your doctor or pharmacist for advice

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

### **Driving and using machines**

Stugeron tablets can make you drowsy. If this happens, do not drive or use any tools or machines.

### **Stugeron tablets contain lactose and sucrose**

If your doctor has told you that you are intolerant of some sugars, discuss it with them before taking this medicine.

### **3. How to take Stugeron tablets**

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

#### **Taking this medicine**

- Do not take more tablets than the doctor has told you
- Take after a meal
- Suck, chew or swallow the tablets whole with water
- Not recommended for children aged under 5 years old

#### **How much to take**

For control of motion sickness **Adults and children over 12 years old:**

- 2 tablets 2 hours before travelling **then**
- 1 tablet every 8 hours during the journey

**Children aged 5 – 12 years old:**

- 1 tablet 2 hours before travelling **then**
- ½ a tablet every 8 hours during the journey

For **problems with balance**

**Adults and children over 12 years old:**

- 2 tablets 3 times a day

**Children aged 5-12 years old:**

- 1 tablet 3 times a day

#### **If you take more Stugeron tablets than you should**

If you take more Stugeron tablets than you should, talk to a doctor or go to the nearest hospital casualty department straight away.

#### **If you forget to take Stugeron tablets**

- Make sure you leave 8 hours since your last tablet before taking the missed dose
- Then keep taking your medicine as your doctor has told you
- Do not take a double dose to make up for a forgotten dose

If you have any further questions on the use of this product, ask your doctor or pharmacist.

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

Like all medicines, this medicine can cause side effects, although not everybody gets them.

#### **Common (affects less than 1 in 10 people)**

- Drowsiness
- Feeling sick (nausea)
- Weight gain

### **Uncommon (affects less than 1 in 100 people)**

- Feeling tired
- Being sick (vomiting)
- Increased sweating
- Red to gray colored growth on the skin
- Skin rash (swelling, redness or itching of the skin)
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### **Rare (affects less than 1 in 1,000 people)**

- Indigestion
- Having stomach pain

### **Other side effects (frequency not known):**

- Unusual movements, including trembling and shaking of the hands and fingers, twisting movements of the body, shuffling walk and muscle stiffness
- Yellowing of the skin or whites of the eyes (jaundice)
- Red, scaly skin rash that may be made worse by sunlight

Other side effects that may occur with this type of medicine include allergic reactions, headache and dry mouth.

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. 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 Stugeron tablets**

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the label. The expiry date refers to the last day of that month.
- There are no special storage conditions.
- 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 protect the environment.

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

### **What Stugeron tablets contain**

- The active substance is cinnarizine. Each tablet contains 15 mg of cinnarizine.
- The other ingredients are lactose monohydrate, maize starch, sucrose, talc, magnesium stearate and polyvidone.

### **What Stugeron tablets look like and contents of the pack**

Stugeron tablets are white and round with S/15 on one side and 'JANSSEN' on the other side.

Stugeron tablets are available in blister packs containing 100 tablets.

**Marketing Authorisation Holder:**

JANSSEN-CILAG LTD, 50-100 Holmers Farm Way, High Wycombe,  
Buckinghamshire HP12 4EG UK

**Manufacturer:**

Janssen-Cilag, Domaine de Maigremont, 27100 Val de Reuil, France  
OR

McGregor Cory Limited, Middleton Close, Banbury, Oxfordshire OX16 4RS, UK

**For information in large print, tape, CD or Braille, telephone 0800 7318450.**

This leaflet was last revised in November 2019.