

**PACKAGE LEAFLET:
INFORMATION FOR THE
USER**



**Ephedrine
Hydrochloride 15mg
and 30mg Tablets
Ephedrine
Hydrochloride**

**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 side effects not listed in this leaflet. See section 4.

The name of your medicine is Ephedrine Hydrochloride 15mg or 30mg Tablets. In the rest of this leaflet it is called Ephedrine Tablets.

What is in this leaflet:

1. What Ephedrine Tablets are and what are they used for
2. What you need to know before you take Ephedrine Tablets
3. How to take Ephedrine Tablets
4. Possible side effects
5. How to store Ephedrine Tablets
6. Contents of the pack and other information

**1. What Ephedrine
Tablets are and
what they are used
for**

The active ingredient in Ephedrine Tablets is ephedrine hydrochloride, which belongs to a group of medicines called bronchodilators, which open up the airways in your lungs and prevent or relieve wheezing.

Ephedrine Tablets are used to prevent or relieve wheezing associated with asthma.

**2. What you need to
know before you
take Ephedrine
Tablets**

**Do not take Ephedrine
Tablets if you:**

- are allergic to ephedrine hydrochloride or any of the other ingredients contained in Ephedrine Tablets (see list under heading "What Ephedrine Tablets contain" in section 6)
- have coronary heart disease with narrowing of the blood vessels that supply blood and oxygen to the heart
- suffer from high blood pressure
- have an overactive thyroid gland
- have an enlarged prostate gland
- are being treated for depression with monoamine oxidase inhibitors (MAOIs) or have only recently stopped taking them (within the last two weeks).

If any of the above statements apply to you, you should not take Ephedrine Tablets.

**Ephedrine Tablets are
not recommended for
children under one year
of age.**

**Warning and
precautions**

Talk to your doctor before taking Ephedrine Tablets if you:

- suffer from diabetes
- have glaucoma (a disease in which the pressure inside the eyeball is too high)
- have kidney problems.

If any of the above statements apply to you, you should speak to your doctor before taking Ephedrine Tablets.

**Other medicines and
Ephedrine Tablets**

Taking another medicine while taking Ephedrine Tablets can affect how it or the other medicine works.

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines or herbal products, including those you may have bought yourself without a prescription. Please check with your doctor if you are taking any of the following (or any other medication):

- theophylline, a similar drug used to treat severe asthma and other conditions causing obstruction of the airways in your lungs
- Tricyclic antidepressants, such

as amitriptyline or dosulepin, or monoamine oxidase inhibitors, such as phenelzine, isocarboxazid or tranlycypromine, used to treat depression

- Drugs used to treat high blood pressure, such as propranolol or atenolol
- Dexamethasone, a steroid
- Anaesthetics, such as halothane
- Methysergide or ergotamine, used to treat migraine
- Drugs used to treat heart failure or abnormal heart rhythm, such as digoxin
- Oxytocin, used to induce labour and prevent bleeding
- Agents used to make urine more alkaline (such as potassium citrate or sodium bicarbonate), or more acid (such as ammonium chloride or ascorbic acid).

If you have any doubts about whether you should take this medicine then discuss matters with your doctor before taking it.

**Pregnancy and
breast-feeding**

You should not take Ephedrine Tablets if you are pregnant or wish to become pregnant. Taking Ephedrine Tablets whilst pregnant can affect your baby's heartbeat.

Ephedrine can enter breast milk. You should not breast-feed whilst taking Ephedrine Tablets. Irritability and disturbed sleep patterns have been reported in breast-fed infants.

**Driving and using
machines**

Ephedrine Tablets do not affect the ability to drive or operate machinery.

**Ephedrine Tablets
contain lactose**

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medical product.

**3. How to take
Ephedrine Tablets**

Your doctor will decide the dose which is best for you. Always take this medicine exactly as doctor has told you and also follow any special instructions or warnings which may appear on the label which the pharmacist has put on the package. Check with your doctor or pharmacist if you are not sure.

Unless instructed differently, take your tablets with a glass of water.

Adults

The usual dose for adults is 15-60mg three times daily.

Elderly

Smaller doses are required. For the elderly the starting dose should be half the adult dose.

Children one to five years

For children one to five years old the usual dose is 15mg three times daily.

Children six to 12 years

For children six to 12 years old the dose is usually 30mg three times daily.

Ephedrine Tablets are not recommended for children under one year of age.

If you take more Ephedrine Tablets than you should

If you accidentally take too many tablets contact your doctor, pharmacist or nearest hospital casualty department. Take this leaflet and any remaining tablets with you to show the doctor or pharmacist. Symptoms of an overdose include being sick or feeling sick, high blood pressure, fever, rapid heartbeat, restlessness, difficulty breathing and convulsions. Hallucinations and delusions may also occur.

If you forget to take Ephedrine Tablets

If you forget to take a dose, take another as soon as you remember. If it is almost time for your next dose, then do not take a missed dose at all. Do not take a double dose to make up for a forgotten tablet.

If you stop taking Ephedrine Tablets

You should continue to take Ephedrine Tablets for as long as your doctor tells you to. Do not stop taking the medicine without talking to your doctor first.

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

4. Possible side effects

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

Side effects include:

- feeling sick
- restlessness
- insomnia (difficulty in sleeping)

- anxiety
- dry mouth
- fast or irregular heartbeat (these are more likely to occur if you are elderly)
- trembling
- headaches
- high blood pressure
- poor circulation in your fingers and toes
- heart attack (this is a very rare side effect).

Additional side effects in children

In children ephedrine may cause bed-wetting, sleeplessness or drowsiness.

If you take Ephedrine Tablets for a long time

If you have been taking Ephedrine Tablets for a long time you may become dependent on them.

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, website: www.mhra.gov.uk/yellowcard or search for the 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 Ephedrine Tablets

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

Do not take this medicine after the expiry date which is stated on the label. The expiry date refers to the last day of that month.

Do not take this medicine if you notice signs of deterioration such as discoloration.

Do not store above 25°C.

Store in the original container or package in order to protect from light and moisture.

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

6. Contents of the pack and other information

What Ephedrine Tablets contain

The active ingredient in

Ephedrine Tablets is ephedrine hydrochloride. The tablets are available in two strengths, 15mg

and 30mg. The other ingredients in Ephedrine Tablets are lactose, maize starch, acacia (spray-dried), stearic acid and magnesium stearate.

What Ephedrine Tablets look like and contents of the pack

Ephedrine Hydrochloride 15mg Tablets are white circular tablets marked E15 on one face and CP on the reverse.

Ephedrine Hydrochloride 30mg Tablets are white circular tablets marked E30 on one face and CP on the reverse.

Ephedrine Tablets are available in polypropylene or polyethylene (plastic) containers of 28, 30, 56, 60, 84, 90, 100, 250 or 1000 tablets or blister packs of 28, 30, 56, 60, 84 or 90 tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder
Wockhardt UK Ltd,
Ash Road North,
Wrexham, LL13 9UF, UK

Manufacturer
CP Pharmaceuticals Ltd,
Ash Road North,
Wrexham, LL13 9UF, UK

Other formats

To listen to or request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name	Reference number
Ephedrine Hydrochloride 15mg Tablets	29831/0085
Ephedrine Hydrochloride 30mg Tablets	29831/0083

This is a service provided by the Royal National Institute of Blind People.

This leaflet was last revised in 08/2022.

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227389

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