Methyldopa tablets are and what they are used for
Methyldopa belongs to a group of medicines called antihypertensives, which lower blood pressure. Methyldopa tablets are used to treat high blood pressure (hypertension).

What you need to know before you take Methyldopa tablets
Do not take Methyldopa tablets and tell your doctor if you:
• are allergic (hypersensitive) to methyldopa or any of the other ingredients (see section 6)
• have liver disease
• have high blood pressure due to a tumour near the kidney (phaeochromocytoma or paraganglioma)
• suffer from depression
• are taking MAOIs (monoamine oxidase inhibitors) for depression
• or have a genetic/inherited disorder of the red blood pigment haemoglobin (phyliria).

Warnings and precautions
Check with your doctor or pharmacist before taking Methyldopa tablets if you:
• have had liver disease
• have kidney disease (diabetes removes methyldopa so hypertension may recur)
• have damaged or diseased blood vessels in your brain

Possible side effects
May cause allergic reactions.
Methyldopa tablets contain sunset yellow (E110)
• may cause skin rashes, itching, or swelling
• may cause blood disorders (white blood cells, red blood cells, platelets reduced)
• may cause problems with the nervous system (headache, dizziness)
• may cause problems with the stomach and intestines (diarrhoea, indigestion)
• may cause problems with the adrenal gland (prolonged time to recovery after illness)
• may cause problems with the eyes, hearing, or vision
• may cause problems with the sexual organs (loss or decrease in sex drive and performance)
• may cause problems with the skin or hair (redness of the skin)
• may cause problems with the muscles (muscle spasms, cramps)
• may cause problems with the bones (bone pain)
• may cause problems with the liver (jaundice, yellowing of the skin and eyes)
• may cause problems with the brain (drowsiness, confusion)

Driving and using machines
Methyldopa tablets may make you feel drowsy. Make sure you are not affected before you drive or operate machinery.

Blood tests
Methyldopa may affect the results of certain laboratory tests. Regular checks (before the start of treatment and 6-12 weeks later) may be carried out on blood cells and liver function (blood test to show your liver is working).

Surgery
If you have to have surgery, including dental, that requires an anaesthetic let them know what medicines you are taking.

Methyldopa tablets contain sunset yellow (E110)
May cause allergic reactions.

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

How to take Methyldopa tablets
Always take Methyldopa tablets exactly as your doctor has told you. If you are not sure, check with your doctor or pharmacist.

Swallow these tablets with water.
Methyldopa All strengths Tablets

**What Methyldopa tablets contain**

The active substance (the ingredient that makes the tablet work) is anhydrous methyldopa. Each film-coated tablet contains either 125mg, 250mg or 500mg of the active substance.

- The other ingredients are polyvidone, sodium edetate, magnesium stearate, crospovidone, precipitated silica, macrogol, talc, E104, E110 (sunset yellow), E132, E171, E172, E330, E460, E464.

**What Methyldopa tablets look like and contents of the pack**

Methyldopa 125mg tablets are yellow, circular, biconvex film-coated tablets, impressed ‘C’ on one face and the identifying letters ‘MA’ on the reverse.

Methyldopa 250mg tablets are yellow, circular, biconvex film-coated tablets, impressed ‘D’ on one face and the identifying letters ‘MC’ on the reverse.

Methyldopa 500mg tablets are yellow, circular, biconvex film-coated tablets, impressed ‘E’ on one face and the identifying letters ‘MD’ on the reverse.

Pack size: 56

**Marketing Authorisation Holder and Manufacturer**

Accord Barnstaple, EX2 8NS, UK.

This leaflet was last revised in June 2020

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**Pills: All strengths Tablets Joint PIL - United Kingdom**

**Doses:**

- **Adults and children over 12 years:** Initially 250mg two or three times a day for 2 days. Then increased every 2 or more days until an adequate response is achieved up to a maximum of 3g daily.

- **Children under 12 years:** Initially 10mg per kg of bodyweight daily in 2-4 divided doses adjusted as required up to 65mg/kg or 3g daily; whichever is less.

- **Elderly:** Initially no more than 250mg a day (e.g. 125mg twice daily), increasing up to a maximum of 2g a day.

Methyldopa may be given with, or instead of, other medicines to lower blood pressure and the doses may need to be amended.

**If you take more Methyldopa tablets than you should:**

If you (or someone else) swallow a lot of the tablets at the same time, or if you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately. Symptoms of an overdose include excessive drowsiness, weakness, slow heart rate, low blood pressure, dizziness, light-headedness, painful infrequent bowel movements, bloated feeling, wind, diarrhoea, feeling or being sick.

If you forget to take Methyldopa tablets:

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose take it as soon as you remember it and then take the next dose at the right time.

**If you stop taking Methyldopa tablets:**

Do not stop treatment early because an increase in blood pressure may occur. Talk to your doctor before you stop taking the tablets and follow their advice.

**Possible side effects**

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

Tell your doctor immediately or go to the casualty department of your nearest hospital if you experience any of the following serious side effects:

- **Severe allergic reaction** (rash, itching, swelling of the face, lips, mouth or throat that may cause difficulty in swallowing or breathing). This is a serious but rare side effect (may affect up to 1 in 1,000 people).

- Fever, severe rash involving redness, peeling and swelling of the skin that resembles severe burns (tissue epidermic necrosis); chest pain, worsening of existing angina, problems with the electrical current in the heart (AV block); abnormal liver function including hepatitis and jaundice (yellowing of the skin and/or whites of the eyes). These would be detected by a blood test; inflammation of the bowel (colitis); inflammation of the pancreas (pancreatitis). The following side effects have also been reported:

  - **Blood:** your medicine may alter the numbers and types of your blood cells and cause a rise in the numbers. If you notice increased bruising, nosebleeds, sore throats, infections or fever, you should tell your doctor who may want to give you a blood test.

  - **Central nervous system:** drowsiness (usually lasts a few days at start of treatment or after an increased dose), headache, loss of strength or weakness, tingling or pins and needles, trembling and shuffling walk, partial paralysis of the face, involuntary jerky movements, mental changes including nightmares, confusion, mild depression, dizziness, light-headenedness, reduced blood flow to the brain.

  - **Eyes:** mild increase in the current in the heart (AV block); abnormal liver function including hepatitis and jaundice (yellowing of the skin and/or whites of the eyes). These would be detected by a blood test; inflammation of the bowel (colitis); inflammation of the pancreas (pancreatitis).

  - **Heart:** slow heart rate and low blood pressure, low blood pressure causing dizziness on standing, water retention causing swelling and weight gain.

  - **Respiratory system:** blocked/stuffy nose.

  - **Stomach and intestines:** feeling or being sick, bloated stomach, constipation, wind, diarrhoea, mild dryness of the mouth, sore or ‘black’ tongue, inflamed salivary glands.

  - **Skin:** eczema, hard skin rash (lichenoid), swelling in the face, tongue, larynx, abdomen, or arms and legs, hives.

  - **Muscles and bones:** mild joint pain with or without swelling. Muscles pain or cramps.

  - **Reproductive system and breasts:** absence of periods; swelling of breasts in men and women, abnormal production of breast milk, failure to ejaculate, decreased sex drive, failure to maintain an erection (impotence).

**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 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.

**How to store Methyldopa tablets**

Keep out of the sight and reach of children. Store below 25°C in a dry place. Protect from light.

Do not use Methyldopa tablets after the expiry date stated on the label/carton/bottle. The expiry date refers to the last day of that month.

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.

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