

## About your medicine

Your doctor has prescribed hydroxyurea for you:

### What is this medicine used for?

Hydroxyurea is a medicine used to treat psoriasis. It is also used for many other conditions as determined by your doctor.

In psoriasis, your skin cells grow and mature rapidly, resulting in elevated, red plaques covered by dry silvery scales. Hydroxyurea acts by slowing down this excess cell reproduction, so that the skin is restored to a normal appearance.

This medicine has been prescribed for your current medical condition only and should not be given to other people or used for other problems.

### How should I take this medicine?

Take each dose with a full glass of water. Hydroxyurea can be taken with or without food.

While you are using this medicine, your doctor may want you to drink extra fluids so that you will pass more urine. This will help prevent kidney problems and keep your kidneys working well.

### What should I do if I forget a dose?

If you are directed by your doctor to take this medicine regularly, take the missed dose as soon as you remember. If it is almost time for the next dose, skip the missed dose.

Do not double the next dose to make up for the missed dose.

## What possible side effects may it cause?

Certain side effects of this medicine are not unusual and may even disappear during treatment. If any of the following effects persist or are severe, consult your doctor.

- Nausea
- Vomiting
- Loss of appetite
- Diarrhoea
- Hyperpigmentation of nails and skin
- Rash
- Itchiness
- Constipation
- Drowsiness

The following side effects may rarely occur. Consult your doctor as soon as possible if you have any of the following:

- Allergic reaction (difficulty breathing; swelling of your lips, tongue, or face; or hives)
- Fever
- Chills
- Cough
- Lower back or side pain
- Painful or difficult urination
- Sores in mouth or on lips
- Unusual bleeding or bruising
- Black tarry stools
- Blood in urine or stools
- Small red spots on the skin (especially on the face)
- Confusion
- Joint pain
- Swelling of feet or lower legs
- Temporary loss of hair

## What precautions should I take?

- Inform your doctor if you have liver or kidney disease; blood disorders (e.g., anemia); any infection; any allergies or previously had cancer treatments.
- *Hydroxyurea is not recommended for use during pregnancy. Consult your doctor before using this medication. Tell your doctor if you are pregnant or if you intend to have children. There is a chance that this medicine may cause birth defects if either the male or female is taking it at the time of conception.* Birth control measures are recommended for use in men and women while taking this medication.
- Although sterility seems to be only temporary with this medicine, the possibility should be kept in mind.
- This medication is excreted into breast milk and may have undesirable effects on a nursing infant. Do not breast-feed while using hydroxyurea.
- Do not get any immunizations (vaccinations) without your doctor's approval while you are being treated with hydroxyurea and after you stop treatment with it as hydroxyurea lowers your body's resistance to infections. For some immunizations, there is a chance you might get the infection the immunization is meant to prevent. In addition, other persons living in your household should not take oral polio vaccine since there is a chance they could pass the polio virus on to you. Also, avoid persons who have recently taken oral polio vaccine.
- This medicine can increase your risk of getting an infection. Inform your doctor at the first sign of a possible infection (fever or chills, cough or hoarseness, lower back or side pain, or painful or difficult urination).

## PATIENT INFORMATION LEAFLET

- To reduce the risk of infection or bleeding:
  - Be careful not to cut yourself when you are using sharp objects such as a safety razor or fingernail or toenail cutters.
  - Avoid contact sports or other situations where bruising or injury could occur.
- Your doctor may want you to have blood tests or other medical evaluations during treatment with hydroxyurea to monitor progress and side effects.
- Inform your doctor if you are taking other medication, especially those that affect the immune system and medications to treat gout.
- Do not allow anyone else to take this medication.

### How do I store this medicine?

- Keep this medicine away from heat and direct sunlight in a cool, dry place, out of reach of children
- Do not keep this medicine with other medications in the same container. Keep each medicine separately in labeled containers.

*When in doubt, consult your doctor or pharmacist:*

National Skin Centre  
1 Mandalay Road, Singapore 308205.  
Tel: 63508454

## HYDROXYUREA

