

What is this medicine for?

These medications are often used to help control some side effects that can occur when taking certain antipsychotic drugs (such as tremor or shaking, stiffness or movement problems). These side effects are known as the “Extra-pyramidal side effects”.

They may also be used to control the symptoms of Parkinson’s disease.

Before using this medicine:

Tell your doctor if you have or ever had any drug allergies, glaucoma, an enlarged prostate, bowel or stomach problems, fast or irregular heartbeat, liver, heart, or kidney disease.

FOR WOMEN: Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding.

How to use this medicine?

Follow the directions on your medicine label and take the medicine exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

Precautions while taking this medicine:

- These medicines may impair your ability to perform skilled tasks such as driving and operating machinery. Avoid alcoholic drinks.
- When you take these medicines with some other medicines, it may affect how they work. Be sure that you tell all doctors, pharmacists, dentists and other health care providers who treat you about all medicines and natural remedies you are taking.

How long will I need to keep taking it for?

This should be discussed with your doctor as people respond differently. As extra-pyramidal side effects tend to wear off with time, you may not need to take benzhexol or benztropine all the time when the doses of the antipsychotic drugs have settled down, but only when you need them.

If you are taking benzhexol or benztropine regularly, do not stop taking it suddenly. It is best to stop them gradually and you should discuss this with your doctor. If you are only taking them “when required” there is no problem.

What should I do if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is more than half way between the doses, skip the missed dose and take your medicine at the usual time.

Do not take two doses at the same time to make up for a missed one.

Possible Side Effects

Like all medications, this medication may also cause some POSSIBLE side effects in some people. Everyone responds differently to medications; so not everyone experiences any or all of them.

COMMON (Generally affect up to 10% of patients)

Most of these side effects below will get better or go away completely with continued medication taking as your body gets used to this medication. Contact your doctor or pharmacist should they become too bothersome to you.

- ~ Dry mouth (suck ice chips or sugarless candy if necessary)
- ~ Nausea
- ~ Nervousness
- ~ Blurred Vision
- ~ Constipation

FOR URGENT ATTENTION

Check with your doctor as soon as possible if you have any of the following:

- ~ Allergic reaction: Skin rash or itching, difficulty breathing, swelling on the ankles or other parts of the body
- ~ Confusion or agitation
- ~ Hearing or seeing things that are actually not present
- ~ Severe stomach pain
- ~ Difficulty or pain when passing urine, or a decrease in amount of urine
- ~ Fast or irregular heartbeat
- ~ Eye pain

If you have any concerns about your medications or if you have other side effects that you think are caused by this medicine, please consult with your doctor or pharmacist.



Where should I store the medicine?

Store this medicine at room temperature, away from direct light, heat and moisture (not in the bathroom) and out of reach of children. Throw away any medication that is expired or no longer needed.

Do not share the medicine with other people.

Ask your doctor or pharmacist for more information or if you have any questions.

Institute of Mental Health

Pharmacy Department
10 Buangkok View
Singapore 539747

For medication enquiries: (during office hours)

IMH Clinic B/ Sayang Wellness Pharmacy: 63892077

IMH Clinic C (NAMS) Pharmacy: 63893666

Community Wellness Centre Pharmacy: 64715797

Geylang Behavioural Medicine Pharmacy: 67461724

Child Guidance Clinic (HPB) Pharmacy: 64353807

Child Guidance (Sunrise Wing) Pharmacy: 63892410

Email: enquiry@imh.com.sg

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Patient Information Leaflet on

BENZHEXOL

BENZTROPINE

