

## What is this medicine for?

In the Addiction Medicine Department (AMD) of IMH, Disulfiram is used to help people overcome the temptation to drink alcohol. This medicine works by giving you an unpleasant Disulfiram reaction each time you consume alcohol.

This medicine may also be used for other conditions, check with your doctor.

## Before using this medicine:

Tell your doctor if you have any drug allergies, or have heart, liver, kidney, thyroid or seizure problems; mental illness with abnormal thoughts; are diabetic; are taking paraldehyde or metronidazole.

**You should not take Disulfiram until you have not taken any alcohol for the past 24 hours. This is to prevent the Disulfiram reaction (flushing, headache, neckache, heart palpitations, trouble breathing, dizziness, fainting, nausea, vomiting, chest or abdominal pain). This reaction varies with different people, may occur within 10 minutes of exposure to alcohol and may last for 30 minutes to several hours. The more alcohol you consume, the worse a reaction will be. A severe reaction can result in death.**

**If you stop taking Disulfiram, you should wait at least one week before consuming alcohol. Disulfiram-reactions may still occur for up to three weeks after you stop taking Disulfiram.**

**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. The dose for each patient is individually determined by your doctor.

**Do not share the medicine with other people.**

**If you think you or someone else may have taken an overdose of Disulfiram, call 995 at once for emergency help.**

## Precautions while taking this medicine:

- Disulfiram may make you dizzy or less alert. Do not drive or operate machinery if affected.
- **Do not, under any circumstance, take or use any alcohol or alcohol-containing products (including cough mixtures, tonics, aftershave, vinegars, pickles, antiperspirants, hand wipes, baby wipes, mouthwashes, hair dyes / soap / tar gel, nebulisers, eardrops, hand creams, blood donation).**
- Always read labels of food and medicines bought to check they contain no alcohol. If unsure, always check with your doctor or pharmacist.
- In an emergency situation, inform doctor or health care provider that you are taking Disulfiram. Carrying a Disulfiram wallet card at all times is strongly advisable.

## 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.***

- ~ Drowsiness
- ~ Headache
- ~ Weakness, tiredness
- ~ Nausea
- ~ Metallic or garlic-like after taste

## **FOR URGENT ATTENTION**

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

- ~ Allergic reaction: skin rash, itching, difficulty breathing, or swelling of face, lips, tongue or throat.
- ~ Blurred vision or eye tenderness or pain
- ~ Numbness/tingling sensations
- ~ Mood changes or abnormal thoughts
- ~ Severe stomach pain (especially at the upper abdomen)
- ~ Dark urine
- ~ Yellowing of your eyes or skin

**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](mailto:enquiry@imh.com.sg)



*Patient Information Leaflet on*

## **DISULFIRAM**

08/12