

## What is this medicine for?

Memantine is used to treat the symptoms of moderate to severe dementia in Alzheimer's disease, such as memory loss, problems with thinking, speaking, understanding, reading or writing, poor concentration or judgement. It will not cure or stop the disease from getting worse but can help improve ability to think and perform daily activities in some patients.

The medicine may also be used for other conditions.

## Before using this medicine:

Tell the doctor if the patient has or has ever had drug allergies; seizures (fits); liver or heart problems; kidney or urinary tract problems including urinary tract infection; is pregnant or breastfeeding.

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

## How to use this medicine?

Administer the medicine according to the label strictly as directed. Do not give more or less of it or give it more often than prescribed by the doctor. Memantine may be taken with or without food.

The patient has to take Memantine regularly for a few weeks before its full effect is felt. Continue to give the medicine regularly every day even if the patient feels well. Do not stop giving it to the patient without talking to the doctor.

## Precautions while taking this medicine:

- Memantine may cause drowsiness or reduce alertness. Do not let the patient drive or operate machinery if affected.
- Inform the doctor before making drastic changes to the patient's diet, such as switching from a non-vegetarian to a vegetarian diet.
- Try to avoid smoking while on this medication. Cigarette smoking may affect the amount of Memantine that stays in the body.
- When the patient takes this medicine 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 the patient about all medicines and natural remedies that the patient are taking.

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

Give 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 serve the medicine at the usual time.

**Do not serve 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.***

- ~ Dizziness
- ~ Headache
- ~ Unusual tiredness
- ~ Diarrhoea
- ~ 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, swelling in the face or hands, chest tightness, or difficulty breathing
- ~ Seizures (fits)
- ~ Chest pain, irregular heartbeat
- ~ Fainting
- ~ Sudden severe headache
- ~ Confusion
- ~ Hallucinations (seeing or hearing things that are not present), anxiety, or low mood
- ~ Muscle tightness
- ~ Pain when passing urine
- ~ Bloody or black tarry stools
- ~ Vomiting of blood or material that looks like coffee grounds
- ~ Pain or swelling of legs
- ~ Worsening of vision

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

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*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)

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*Patient Information Leaflet on*

## MEMANTINE