

What is this medicine for?

In the Addiction Medicine Department (AMD) of IMH, Naltrexone is used to help people stay off heroin or other opioids after they have been successfully detoxified from them.

It can also be used to help reduce the desire to drink alcohol in some people with alcohol dependence.

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 ever had problems with liver and kidney; history of suicide, with or without depression; are taking pain killers; are addicted to drugs or are having withdrawal signs.

If you had been taking heroin or other opioids for the past 7-10 days, you must inform your doctor before starting your Naltrexone treatment. This is to prevent a withdrawal syndrome (such as stuffiness or runny nose, tearing, yawning, sweating, anxiety, tremors, vomiting, bone / muscle pain, abdominal cramps, skin crawling) which may be severe, may develop within five minutes.

FOR WOMEN: If you are pregnant or breastfeeding (or intend to become pregnant or breastfeed), please inform your doctor.

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 stop taking Naltrexone tablets because you are feeling better unless advised to do so by your doctor.

Do not give your tablets to people who are known to be dependent on opiate drugs because a withdrawal syndrome may be precipitated. If this happens, call 995 at once for emergency help.

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

Precautions while taking this medicine:

- Naltrexone may make you dizzy or less alert. Do not drive or operate machinery if affected. Avoid alcoholic drinks.
- Avoid taking other opioid-based treatment such as some anti-diarrheal preparations, codeine-based cough medicines and pain killers.
- In an emergency situation, inform doctor or health care provider that you are taking Naltrexone in case you need powerful analgesia. Non-opioid treatment can be used in these situations. Carrying a Naltrexone 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.

Do not take heroin or other opioids once you stopped or skipped the dose. Naltrexone blocks the “high” feeling you get from the heroin and other opioids; do not try to overcome the effect of Naltrexone by using higher doses of heroin or

other opioids. This can lead to difficulty in breathing and even to death from overdose.

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.

- ~ Sleep disturbance
- ~ Tiredness
- ~ Feeling anxious or irritable
- ~ Dizziness
- ~ Headaches
- ~ Nausea and vomiting
- ~ Loss of appetite
- ~ Abdominal pain/cramps
- ~ Constipation
- ~ Joint or muscle pain

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.
- ~ Very bad stomach pain that may last for more than a few days
- ~ 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.



Patient Information Leaflet on

Naltrexone

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

