



MEDICINE TO TREAT: PARKINSON'S DISEASE

Benzhexol
Selegiline

1. What are these medicines for?

Benzhexol and Selegiline are used alone or in combination with other medicines (for e.g. Levodopa preparations) in the treatment of Parkinson's disease. These medicines help to reduce the symptoms of Parkinson's disease by improving muscle control and reducing stiffness.

2. How should I take the medicines?

- Do not stop taking your medicines without checking with your doctor.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medicine to make up for the missed dose. If you have missed several doses, please check with your doctor to see what you should do.
- These medicines are usually taken with food.
- Selegiline can be taken two times a day. If you are taking one dose a day, take it in the morning. If you are taking the medicine two times a day, take the second dose in the early afternoon or a few hours before sleeping so that your sleep will not be affected.

3. What are the possible side effects of the medicines?

Benzhexol

- Dry mouth and throat, constipation
- Dry nose
- Dry skin

Selegiline

- Dry mouth, nausea, abdominal pain
- Abnormal muscle movements such as twitching or jerking movements
- Mood or other mental changes, dizziness, trouble sleeping

4. How do I know if I am allergic to these medicines?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medicine immediately and see your doctor.

5. What precautions should I follow when taking the medicines?

You should be careful when you do physical activities even as your condition improves so that you will not fall and injure yourself. Start your activities slowly so that your body can adjust to changes in balance and coordination.

You must tell your doctor or pharmacist if you are allergic to any other medicines or if you develop an allergy while taking these medicines.

Inform your doctor if you are breast-feeding, pregnant, or likely to become pregnant during the course of this treatment.

Inform your doctor or pharmacist before starting any other medicine or if you are already taking other medicines, e.g. herbal preparations, nutritional products or vitamin supplements as drug interactions are possible.

Benzhexol

You may sweat less than usual and experience heat stroke when exercising or under hot weather conditions. Do not exercise for long periods of time, do take frequent breaks and do not exercise when it is very hot.

Some patients may experience drowsiness, dizziness or blurred vision. Do not drive or use machinery until you know how this medicine affects you.

Do not take benzhexol with alcohol or medicines that slow down the nervous system as this may increase the chance of you getting drowsy, dizzy, confused or light-headed.

Benzhexol may cause your mouth to feel dry. You should make sure you drink enough water or other fluids. You can consider sucking sugarless candy or ice chips to feel better.

Selegiline

Dizziness, light-headedness or fainting may occur when you take selegiline, especially when you get up from a sitting or lying down position. You should get up slowly to prevent this. Check with your doctor if this problem continues or worsens.

If you are taking more than 10 mg of selegiline a day, you should not eat foods with high tyramine content. Tyramine is found commonly in foods that are aged or fermented (e.g. cheese, smoked or pickled meat, over-ripe fruits). Alcoholic or caffeine-containing drinks, food and beverages (e.g. coffee, tea or cola) and chocolate should also be avoided. Taking selegiline with these food and drinks may increase your blood pressure and can cause chest pain, headache, nausea and vomiting. See your doctor immediately if you experience these symptoms.

6. How should I store the medicines?

- Keep your medicines in the original container or packaging, tightly closed or sealed in a cool and dry place, away from direct sunlight.
- Keep the medicine out of reach of children.
- Throw away all expired medicines.

This leaflet answers some common questions about this medicine. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist.