

Oxazepam 10mg tablets

Uses

The name of your medicine is Oxazepam Tablets. Oxazepam is a member of a group of medicines called 'benzodiazepines'. Oxazepam is prescribed for the short term (maximum of 2-4 weeks) treatment of anxiety, which is disabling or distressing and may be associated with sleeplessness or other illnesses.

This medicine should be used for as short a time as possible and should not be used for more than four weeks. If used for too long without a break, there is a risk of becoming dependant or of having problems when you stop taking it.

When taking this medicine there is a risk of dependence (a need to keep taking the medicine). The risk increases with the dose and length of treatment period. The risk is greater if you have ever had a history of alcohol or drug abuse.

Dose and method of administration

Always take Oxazepam Tablets exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure. Oxazepam Tablets should be swallowed with water. Where possible, you should aim to have 7-8 hours of undisturbed sleep after taking your tablets.

Adults

- Anxiety: The usual dose is one to two 15mg tablets three or four times daily. Your doctor will tell you how often to take your tablets.
- Sleeping problems: 15-25mg one hour before going to bed, your doctor may increase this up to a maximum of 50mg.
- Adults with liver or kidney problems: Your dosage may be reduced if you suffer from kidney or liver problems.

Oxazepam Tablets are not recommended for use by children under 18 years of age. Oxazepam is usually prescribed for short courses of treatment, lasting from a few days to 4 weeks including a dose reduction at the end. This reduces the risk of becoming dependent on Oxazepam Tablets, or suffering unpleasant effects when you stop taking them.

If you take more Oxazepam Tablets than you should If anyone has taken an overdose of Oxazepam Tablets (that is more than the doctor has prescribed), seek medical help immediately, either by calling your doctor, or going to the nearest casualty department. Always take the labelled medicine container with you, even if there are no tablets left.

If you forget to take Oxazepam Tablets

Do not take a double dose to make up for a forgotten tablet. If you forget to take a tablet for anxiety, you should take it as soon as you remember if it is less than 3 hours since your usual time. If more than 3 hours has passed from when you usually take your tablet, just take your next tablet when it is due.

This medicine should not be stopped suddenly; keep taking it until your doctor tells you how to reduce the dose slowly. If you stop taking the tablets suddenly you may experience the following withdrawal effects:

- depression,
- Nervousness
- difficulty in sleeping,
- irritability,
- sweating,
- upset stomach/diarrhoea,
- or the symptoms you are being treated for can come back worse than before.

You may also experience mood changes, anxiety, restlessness, headaches, muscle pains, and changes in sleep patterns. These effects may occur even after taking low doses for a short period of time.

If you stop taking these tablets suddenly after being treated with high doses of Oxazepam, you may experience confusion, hallucinations, tinnitus (ringing sounds in your ears), shaking, faster heartbeat or fits.

Withdrawal may also cause unusual behaviour including aggressive outbursts, excitement or depression with suicidal thoughts or actions.

Interactions

Concomitant intake with alcohol is not recommended. The sedative effect may be enhanced when the product is used in combination with alcohol. This affects the ability to drive or use machines.

- Oestrogen-containing contraceptives (concurrent use may cause a decrease in plasma levels of oxazepam).
- Antibacterials (rifampicin may increase the metabolism of oxazepam).
- Antivirals (concurrent use of zidovudine with benzodiazepines may decrease zidovudine clearance. Ritonavir may inhibit benzodiazepine hepatic metabolism).
- Antiepileptic drugs (concurrent use of phenytoin may cause oxazepam serum levels to fall. Side effects may be more evident with hydantoins or barbiturates).
- Antihypertensives (enhanced hypotensive effects. Enhances sedative effect with alpha blockers or moxonidine).
- Dopaminergics (concurrent use with benzodiazepines may decrease the therapeutic effects of levodopa).
- Baclofen (enhanced sedative effect).

Undesirable side effects

Like all medicines, Oxazepam Tablets can cause side-effects, although not everybody gets them.

Contact your doctor immediately if the following symptoms occur:

- restlessness, agitation, irritability, aggressiveness, delusion, experiencing rages, nightmares, hallucinations (seeing or hearing things that are not there), psychoses (loss of contact with reality), inappropriate behaviour (more likely to occur in children and the elderly), depression with feelings of suicide.

Tell your doctor if you notice any of the following side effects or notice other effects not listed:

- mild drowsiness and light-headedness may occur during the first few days of treatment
- allergic reaction: skin rashes, itching
- dizziness, fainting, loss of co-ordination, 'spinning' sensation or headache with or without drowsiness, tiredness
- becoming less alert, disorientation, dreams, confusion, excitement, numbed emotions, slurred speech or speech disorder, loss of memory, lack of muscle control/co-ordination, difficulty in controlling movements, changes in perception
- changes in blood cells, if you notice increased bruising, nosebleeds, sore throats, infections, excessive tiredness, breathlessness on exertion, or abnormal paleness of the skin, you should tell your doctor who may want to have a blood test, reduction in white blood cells, changes in sex drive, blurred or double vision, low blood pressure, muscle weakness, tremor, fever, tiredness
- stomach upsets or cramps, feeling sick, changes in saliva
- yellowing of the skin or whites of the eyes (jaundice), increased liver enzymes seen in tests, difficulty passing urine, water retention, incontinence.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side-effects not listed in this leaflet

Effects on ability to drive and use machines

Oxazepam may make you feel dizzy or sleepy during the day, or may affect your concentration. This may affect your performance at skilled tasks such as driving and operating machinery.

The medicine can affect your ability to drive as it may make you feel sleepy or dizzy.

- Do not drive while taking this medicine until you know how it affects you.
- It is an offence to drive if this medicine affects your ability to drive.
- However, you would not be committing an offence if:

The medicine has been prescribed to treat a medical or dental problem and o You have taken it according to the instructions given by the prescriber or in the information provided with the medicine and o It was not affecting your ability to drive safely.

Talk to your doctor or pharmacist if you are not sure whether it is safe for you to drive while taking this medicine.

Pregnancy and lactation

Do not take this medicine if you are pregnant, might become pregnant or breastfeeding.

If you and your doctor decide that you should take this medicine towards the end of your pregnancy (or during labour) this may harm your baby. The baby may have a low body temperature, be listless, have breathing problems or difficulty in feeding. Also, if you take this medicine regularly during your pregnancy, your baby may get withdrawal symptoms.

How to store

Keep this medicine out of the sight and reach of children.

Do not take Oxazepam Tablets after the expiry date which is stated on the carton and blister after EXP. The expiry date refers to the last day of the month. Store below 25°C in a dry place.