

# Arthrexin

contains the active ingredient indomethacin

## CONSUMER MEDICINE INFORMATION

### What is in this leaflet

This leaflet answers some common questions about Arthrexin.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking Arthrexin against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, talk to your doctor or pharmacist.**

Keep this leaflet with your medicine. You may need to read it again.

### What Arthrexin is used for

Arthrexin belongs to a group of medicines called Non-Steroidal Anti-Inflammatory Drugs (NSAIDs).

Arthrexin is used to relieve the pain and inflammation (swelling, redness and soreness) that may occur in the following:

- \* different types of arthritis including rheumatoid arthritis, osteoarthritis and ankylosing spondylitis degenerative joint disease of the hip
- \* gout
- \* muscle and bone injuries such as bursitis, tendonitis (tennis elbow), sprains and strains, low back pain (lumbago)

- \* pain and swelling after setting broken or dislocated bones
- \* period pain.

Although Arthrexin can relieve the symptoms of pain and inflammation, it will not cure your condition.

Your doctor may have prescribed Arthrexin for another reason. Ask your doctor if you have any questions about why Arthrexin has been prescribed for you.

Arthrexin is not recommended for use in children under the age of 2, as the safety of Arthrexin has not been established in this age group.

Arthrexin is available only with a doctor's prescription.

There is no evidence that Arthrexin is addictive.

### Before you take Arthrexin

#### **When you must not take it**

**Do not take Arthrexin if you are allergic to medicines containing:**

- \* indomethacin
- \* aspirin or other NSAIDs
- \* any of the ingredients listed at the end of this leaflet.

Many medicines used to treat headache, period pain or other aches and pains contain aspirin or NSAID medicine. If you are not sure if you are taking any of these medicines, ask your pharmacist.

Some of the symptoms of an allergic reaction may include skin rash,

itching or hives, swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing, wheezing or shortness of breath.

**Do not take Arthrexin if:**

- \* you are vomiting blood or material that looks like coffee grounds
- \* you are bleeding from the back passage, have black sticky bowel motions or bloody diarrhoea
- \* you have a peptic ulcer (that is, a stomach or duodenal ulcer) or a recent history of ulcers
- \* you have recently had heart bypass surgery.

**Do not take Arthrexin if you are pregnant.**

Arthrexin may affect your developing baby if you take it during pregnancy.

**Do not take Arthrexin if you are breastfeeding.**

Arthrexin passes into breast milk and may affect your baby.

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

#### **Before you start to take it**

**Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.**

**Tell your doctor if you have, or have had, any medical conditions, especially the following:**

- \* heartburn or indigestion

- \* stomach ulcers or other stomach problems
- \* bowel or intestinal problems such as ulcerative colitis
- \* vomiting blood or bleeding from the back passage
- \* diabetes
- \* high blood pressure
- \* heart problems
- \* swelling of the feet or ankles
- \* mental disturbances
- \* epilepsy (seizures or fits)
- \* Parkinson's disease
- \* any current infection
- \* a tendency to bleed or other blood problems
- \* renal problems
- \* liver problems
- \* asthma.

Your doctor may want to take special care if you have any of these conditions.

**If you have not told your doctor about any of the above, tell them before you start taking Arthrexin.**

### ***Taking other medicines***

**Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.**

Some medicines may be affected by Arthrexin, or may affect how well it works. The combination of Arthrexin and the following medicines may cause or worsen certain medical conditions. These medicines include:

- \* NSAIDs such as aspirin or a group of medicines called coxibs used to relieve pain, swelling and other symptoms of inflammation
- \* warfarin, a medicine to prevent blood clots
- \* probenecid, a medicine used for gout
- \* methotrexate, a medicine used to treat arthritis and certain types of cancers
- \* cyclosporin, a medicine used to prevent organ transplant rejection

- or treat immune system problems
- \* lithium, a medicine used to treat mood swings and some types of depression
- \* digoxin, a medicine used to treat heart failure or irregular heart beats
- \* medicines used to treat high blood pressure or heart conditions, including ACE inhibitors or betablockers
- \* diuretics, also known as fluid or water tablets.

Your doctor can tell you what to do if you are taking any of these medicines.

**If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.**

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking Arthrexin.

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## **How to take Arthrexin**

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### ***How much to take***

The dose varies from patient to patient. The usual dose is between 50 mg and 200 mg per day, given in divided doses.

Elderly patients may need smaller doses.

Your doctor will tell you how many capsules you need to take each day and when to take them. This depends on your condition and whether or not you are taking any other medicines. Your doctor may start you on a low dose of Arthrexin and then increase the dose if necessary, depending on your response. Tell your doctor of any changes in your condition, as you may require a change in the dose of Arthrexin.

The dose for menstrual cramps (period pain) is usually one 25 mg capsule every eight hours, starting with the onset of bleeding or cramps.

**Follow all directions given to you by your doctor and pharmacist carefully.**

### ***How to take it***

**Swallow the capsules with a full glass of water.**

### ***When to take it***

**Take Arthrexin during or immediately after food.**

This will lessen the chance of a stomach upset.

Arthrexin may also be taken with an antacid, if advised by your pharmacist or doctor.

### ***If you forget to take it***

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Otherwise, take the missed dose as soon as you remember, and then go back to taking your capsules as you would normally.**

**Do not take a double dose to make up for the dose you missed.**

**If you are not sure what to do, ask your doctor or pharmacist.**

**If you have any questions about this, check with your doctor or pharmacist.**

### ***How long to take it for***

Depending on your condition, you may need Arthrexin for a few days, a few weeks or for longer periods.

For arthritis, Arthrexin should be taken every day for as long as your doctor recommends.

For sprains and strains, Arthrexin is usually needed for a few days only.

For gout, Arthrexin can be stopped when the joint pain disappears.

For period pain, Arthrexin is usually taken during each period until the cramping pain goes away.

If are not sure how long to take Arthrexin for, talk to your doctor.

## ***If you take too much (overdose)***

**Immediately telephone your doctor, or the Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at the nearest hospital, if you think you or anyone else may have taken too much Arthrexin. Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

If you take too much Arthrexin, you may feel sick, tired, confused, start vomiting, get an intense headache, feel numbness or tingling in the hands or feet or experience seizures (fits).

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## **While you are taking Arthrexin**

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### ***Things you must do***

**Before starting any new medicine, tell your doctor or pharmacist that you are taking Arthrexin.**

**Tell all the doctors, dentists and pharmacists who are treating you that you are taking Arthrexin.**

**If you become pregnant while taking Arthrexin, tell your doctor.**

**If you get an infection while taking Arthrexin, tell your doctor.**

Arthrexin may hide some of the signs of an infection (such as pain, fever, redness, swelling). You may mistakenly think that you are better or that your infection is not serious.

**If you plan to have surgery, including dental surgery, tell your doctor or dentist that you are taking Arthrexin.**

Arthrexin may cause prolonged bleeding and may need to be stopped before surgery.

**Visit your doctor regularly so they can check on your progress.**

Your doctor may ask you to have tests to check your blood, kidneys, liver or eyes. This helps to prevent unwanted side effects.

**If you have to have any other blood tests, tell your doctor that you are taking Arthrexin.**

Arthrexin may affect the results of some tests.

### ***Things you must not do***

**Do not use Arthrexin to treat any other conditions unless your doctor tells you to.**

**Do not give Arthrexin to anyone else, even if they have the same condition as you.**

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how Arthrexin affects you.**

Arthrexin may cause drowsiness, dizziness or lightheadedness in some people. If any of these occur, do not drive, operate machinery or do anything else that could be dangerous.

If you drink alcohol, the dizziness or lightheadness may be worse.

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## **Side effects**

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Arthrexin.**

Like all other medicines, Arthrexin may have unwanted side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

If you are over 65 years of age, have liver or kidney problems or are diabetic, you may have an increased chance of getting side effects.

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor if you notice any of the following and they worry you:**

- \* headache, dizziness, lightheadedness
- \* tiredness, drowsiness, confusion
- \* stomach upset such as nausea (feeling sick), vomiting, heartburn or indigestion
- \* loss of appetite
- \* constipation, diarrhoea, pain in the stomach, wind
- \* change in mood such as depression.

These are the more common side effects of Arthrexin.

Some of the stomach upsets, such as nausea and heartburn, may be reduced by taking Arthrexin with food or an antacid, if advised by your doctor or pharmacist. Headache may occur in the first few days of treatment. If this worries you or continues, contact your doctor.

**Tell your doctor as soon as possible if you notice any of the following:**

- \* severe pain or tenderness in the stomach
- \* tingling or numbness of the hands or feet
- \* muscle weakness or uncontrollable movements
- \* fast or irregular heartbeats (palpitations)
- \* signs of frequent or worrying infections such as fever, severe chills, sore throat or mouth ulcers
- \* bleeding or bruising more easily than normal, reddish or purplish blotches under the skin
- \* signs of anaemia, such as tiredness, being short of breath and looking pale
- \* a change in the amount or frequency of urine passed, burning feeling when passing urine
- \* swelling of the ankles or legs
- \* yellowing of the skin and eyes (jaundice)

- \* eye problems such as blurred vision.

**Stop taking Arthrexin and tell your doctor immediately or go to Accident and Emergency at the nearest hospital if you notice any of the following:**

- \* vomiting blood or material that looks like coffee grounds
- \* bleeding from the back passage, black sticky bowel motions (stools) or bloody diarrhoea
- \* swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing
- \* asthma, wheezing, shortness of breath
- \* sudden or severe itching, skin rash, hives
- \* increased seizures or fits
- \* pain or tightness in the chest.

These are rare yet serious side effects that need urgent medical attention.

**Other side effects not listed above may also occur in some patients.**

**Tell your doctor if you notice anything that is making you feel unwell.**

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## After taking Arthrexin

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### **Storage**

**Keep Arthrexin where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

**Keep your capsules in a cool dry place where the temperature stays below 30 degrees C.**

**Do not store Arthrexin or any other medicine in the bathroom or near a sink.**

**Do not leave Arthrexin in the car or on window sills.**

Heat and dampness can destroy some medicines.

### **Disposal**

**If your doctor tells you to stop taking Arthrexin, or your capsules have passed their expiry date, ask your pharmacist what to do with any that are left over.**

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## Product description

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### **What it looks like**

Arthrexin is a white capsule marked IN-25.

Each bottle contains 50 capsules.

### **Ingredients**

The active ingredient in Arthrexin is indomethacin. Each Arthrexin capsule contains 25 mg of indomethacin.

The capsules also contain:

- \* lactose
- \* sodium starch glycollate
- \* sodium lauryl sulfate
- \* magnesium stearate
- \* colloidal anhydrous silica
- \* gelatin
- \* titanium dioxide CI 77891.

The capsules are gluten free.

### **Manufacturer**

Arthrexin is made in Australia by:

Alphapharm Pty Limited  
(ABN 93 002 359 739)  
Chase Building 2  
Wentworth Park Road  
Glebe NSW 2037

Phone: (02) 9298 3999

Australian registration numbers:  
Arthrexin - Aust R 17586, 17606

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