

NORFLEX™

Orphenadrine citrate 100mg tablets

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about NORFLEX tablets. However it does not contain all the available information. Your doctor and pharmacist have more information about this medicine.

If you have any questions about NORFLEX that are not answered by this leaflet, please ask your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of your taking NORFLEX against the benefits before prescribing it for you.

If you are worried about taking this medicine please talk to your doctor or pharmacist.

Keep this leaflet with your medicine as you may want to read it again.

What NORFLEX is used for

The name of your medicine is NORFLEX. It contains orphenadrine citrate. Orphenadrine citrate is a skeletal muscle relaxant. It acts in the central nervous system to produce its muscle relaxant effects.

NORFLEX is used to help relax certain muscles in your body and to relieve the pain and discomfort caused by sprains, strains or other injury to your muscles.

Your doctor may have prescribed NORFLEX for another purpose.

NORFLEX™

Published by MIMS February 2018

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Before you take NORFLEX

When you must not take it

Do not take NORFLEX if:

- **you have had an allergic reaction to orphenadrine citrate or other similar medicines, or to any of the ingredients listed at the end of this leaflet.**
- **you have any of the following:**
 - glaucoma (high pressure in the eye);
 - intestinal blockage, stomach ulcer or oesophageal disease;
 - enlarged prostate or bladder obstruction;
 - myasthenia gravis (a disease of the muscles causing drooping eyelids, double vision, difficulty in speaking and swallowing, and sometimes muscle weakness in the arms or legs).
- **after the expiry date on the bottle**
- **if the packaging shows signs of tampering**

Do not give this medicine to a child under the age of 12 years.

Safety and effectiveness in children younger than 12 years have not been established.

Before you start to take it

Tell your doctor or pharmacist if

- **you have allergies to any other medicines, foods, preservatives or dyes.**
- **you have any heart problems.**
- **you have any liver or kidney problems.**

Tell your doctor if you are pregnant or intend to become pregnant or you are breast-feeding or plan to breast-feed.

Your doctor or pharmacist can discuss the risks and benefits involved.

If you are not sure whether to start taking this medicine, talk to your doctor.

Taking other medicines

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

Some medicines may be affected by NORFLEX. These include:

- anticholinergics (medicines used to relieve stomach cramps or spasms)
- medicines used to treat depression
- dextropropoxyphene
- other central nervous system depressant drugs, including alcohol. Examples of CNS depressants are antihistamines or medicines for hayfever, other allergies or colds; sedatives or tranquilizers; narcotic analgesics; barbiturates;

medicines for seizures;
anaesthetics, including some
dental anaesthetics; and other
muscle relaxants.

You may need different amounts of
your medicines, or you may need to
take different medicines. Your
doctor or pharmacist has more
information on medicines to be
careful with or avoid while taking
NORFLEX.

How to take NORFLEX

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

They may differ from the
information contained in this leaflet.

**If you do not understand the
instructions on the bottle ask your
doctor or pharmacist for help.**

How much to take

The usual dose of NORFLEX in
adults is one tablet twice a day.
Your doctor will prescribe the
correct dose for you.

**Take NORFLEX tablets only as
directed by your doctor or
pharmacist. Do not change the
dose unless your doctor tells you
to do so.**

If you forget to take your medicine

If you miss a dose of this medicine
and remember within an hour or so
of the missed dose, take it right
away. If you do not remember until
later, skip the missed dose and go
back to taking it as you would
normally.

Do not double doses.

If you take too much (overdose)

**Do not take more than the
recommended dose unless your
doctor tells you to. If you or
someone else has taken too much
NORFLEX contact your doctor
or pharmacist, or the Poisons**

**Information Centre (in Australia
call 13 11 26; in New Zealand call
0800 POISON or 0800 764 766).**

**Do this even if there are no signs
of discomfort or poisoning.**

You may need urgent medical
attention.

Symptoms of an overdose include
excitement; confusion; severe
confusion leading to coma;
convulsions; fast heart rate; dilated
pupils and difficulty passing urine.

While you are taking NORFLEX

Things you must do

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

**If you become pregnant while
taking this medicine tell your
doctor immediately.**

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

NORFLEX may cause some people
to have blurred vision or to become
drowsy, dizzy, light-headed, faint,
or less alert than they are normally.
It may also cause muscle weakness
in some people. If you have any of
these symptoms do not drive or
operate machinery or do anything
else that could be dangerous.

NORFLEX may cause dryness of
the mouth. For temporary relief use
sugarless gum or sweets, melt some
ice in your mouth or use a saliva
substitute.

**If dry mouth continues for more
than 2 weeks speak to your
dentist.**

Continued dryness of the mouth can
increase the chance of dental
disease, including tooth decay, gum
disease and fungal infections.

Things you must not do

NORFLEX is a prescription
medicine and has been prescribed
for you only.

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

**Do not take NORFLEX to treat
any other complaints unless your
doctor tells you to.**

Side Effects

All medicines can cause unwanted
side effects. Sometimes they are
serious, most of the time they are
not.

**Speak to your doctor if any of the
following side effects occur:**

LESS COMMON: decreased
urination; eye pain; fainting; fast or
pounding heartbeat.

RARE: hallucinations; shortness of
breath; troubled breathing; tightness
in chest and/or wheezing; skin rash;
sores, ulcers or white spots on lips
or in mouth; swollen and/or painful
glands; unusual bruising or
bleeding; unusual tiredness or
weakness.

The following side effects usually
do not need medical attention and
may go away during treatment as
your body adjusts to the medicine.

**Speak to your doctor if any of the
following side effects continue or
are bothersome:**

MORE COMMON: dry mouth.

LESS COMMON OR RARE:
abdominal or stomach cramps or
pain; blurred or double vision;
confusion; constipation; difficulty
in urination; dizziness or light-
headedness; drowsiness;
excitement, irritability, nervousness
or restlessness; headache; muscle
weakness; unusually large pupils of
the eyes.

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

**If you notice any side effects that
are not listed here tell your doctor
or pharmacist.**

After taking NORFLEX

Storage

Keep this medicine in a cool dry place where the temperature stays below 30°C. Do not store it or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Keep all medicines where children cannot reach them.

A locked cupboard at least 1.5 metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine, or if it has passed its 'Use By' date ask your pharmacist what to do with any tablets that are left over.

Product Description

What it looks like

NORFLEX are white tablets with N/X on one side and no markings on the other side, in bottles containing 100 tablets.

Ingredients

Each NORFLEX tablet contains 100mg orphenadrine citrate.

It also contains:

- Magnesium Stearate
- Colloidal Anhydrous Silica
- Ethylcellulose
- Lactose

This medicine does not contain gluten.

Sponsor

NORFLEX is supplied in Australia by:

iNova Pharmaceuticals (Australia)
Pty Limited
ABN 13 617 871 539
Level 10, 12 Help Street
Chatswood NSW 2067
Tel: 1800 630 056

NORFLEX is distributed in New Zealand by:

Douglas Pharmaceuticals Ltd
Central Park Drive, Lincoln
AUCKLAND 0610.

This leaflet was prepared in November 2017

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