

## Snuzaid® Tabs

Diphenhydramine Hydrochloride

### Consumer Medicine Information

#### What is in this leaflet?

This leaflet answers some common questions about SNUZAID®TABS.

It does not contain all the available information.

It does not take the place of talking to your doctor or pharmacist.

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

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

#### What SNUZAID®TABS are used for

SNUZAID®TABS help relieve insomnia. They are intended for short term use to re-establish regular sleep patterns. Do not use them for more than ten days consecutively.

#### What is insomnia?

Insomnia is having trouble getting to sleep or staying asleep. It may also be the feeling that you are not getting enough sleep.

#### What causes insomnia?

Insomnia may be caused by some or all of the following:

- stress
- noise
- late night eating
- late night exercise
- inactive lifestyle
- drinking too much tea, coffee or cola
- taking medicines containing stimulants such as cold medicines

#### How do SNUZAID®TABS work?

SNUZAID®TABS belong to a group of medicines called antihistamines. Some antihistamines, including diphenhydramine cause the central nervous system to slow down and this provides relief for insomnia.

There is no evidence that SNUZAID®TABS are addictive.

#### Establishing Regular Sleep Patterns

In addition to taking SNUZAID®TABS, the following good sleep habits must be established and maintained.

- go to bed and rise at the same time daily
- engage in relaxing activities before bedtime
- exercise regularly but not late in the evening
- avoid eating meals or large snacks just before bedtime
- eliminate day time naps
- avoid caffeine containing drinks after midday
- avoid alcohol or the use of nicotine late in the evening
- minimise external disruption (eg. light and noise)
- if you are unable to sleep, do not become anxious; leave the bedroom and participate in relaxing activities such as reading or listening to music until you are tired

#### Before you take SNUZAID®TABS

Do not take SNUZAID®TABS if you have ever had an allergic reaction to :

- SNUZAID®TABS or any of the ingredients listed at the end of this leaflet.

- Other medications containing antihistamines eg. travel sickness preparations such as Dramamine

**Do not take SNUZAID®TABS if you have, or have had any of the following medical conditions:**

- asthma
- chronic bronchitis
- severe liver or kidney disease
- closed -angle glaucoma
- prostate problems
- difficulty passing urine
- a narrowing or blockage between the stomach and small intestine which causes vomiting of undigested food
- epilepsy
- porphyria

**Do not take SNUZAID®TABS if you are taking or being given any of the following medicines as they may interfere with each other:**

- antidepressant medicines known as monoamine oxidase inhibitors (MAOI's). These include moclobemide(Arima,Aurorix),phenelzine(Nardil) and tranylcypromine(Parnate)
- tricyclic antidepressant medicines such as amitriptyline(Tryptanol) imipramine(Melipramine), nortriptyline(Allegron) and doxepin(Deptran)
- strong pain killers such as codeine and morphine.
- other medicines used to help you sleep including temazepam(Temaze, Normison) triazolam(Halcion) or nitrazepam(Mogadon)
- medicines used to treat anxiety such as oxazepam(Serapax) or diazepam(Valium)
- antibiotics known as aminoglycosides such as tobramycin

**Do not take SNUZAID®TABS if you are pregnant or intend to become pregnant.**

Like most antihistamine medicines SNUZAID®TABS are not recommended for use during pregnancy. SNUZAID®TABS are not known to cause birth defects but studies to prove they are safe for the developing baby have not been done.

**Do not take SNUZAID®TABS if you are breast feeding or plan to breast feed.**

Small amounts of SNUZAID®TABS pass into breast milk. There is a possibility that the breast fed baby may become unusually excited or irritable. It is also possible that breast milk supply will be affected.

**Do not give SNUZAID®TABS to a child under 12 years of age.**

**Do not take SNUZAID®TABS after the expiry date (EXP) printed on the pack.**

If you take this medicine after the expiry date has passed, it may not work as well.

**Do not take SNUZAID®TABS if the packaging is torn or shows signs of tampering.**

#### While you are using SNUZAID®TABS

##### Things to be careful of:

Drowsiness on the day following use may occur.

Use extreme care while doing anything that involves complete alertness such as driving a car, operating machinery, or piloting an aircraft.

Be careful drinking alcohol while taking SNUZAID®TABS as the effects of drowsiness and uncoordination may be increased

#### How to take SNUZAID®TABS

SNUZAID®TABS will cause drowsiness and should be used only at bedtime.

##### Adults

Take one (1) tablet 20 minutes before bed when necessary. Swallow with a glass of water.

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

They may differ from the information contained in this leaflet.

##### How long to take it

Do not take SNUZAID®TABS for more than ten days. If sleeplessness persists continuously for longer than this tell your doctor. Insomnia might be a sign of another medical problem.

#### Side Effects

SNUZAID®TABS help most people with sleeplessness, but they may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. If you are over 65 years of age you may have an increased chance of getting side effects.

These are the more common side effects of SNUZAID®TABS. Mostly these are mild and short lived.

- drowsiness on the day following use
- dizziness
- uncoordination
- dry mouth, nose and/or throat
- headache
- muscle weakness
- thicker nasal discharge

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Other side effects not listed above may occur in some patients. Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

*Serious side effects are rare.*

Tell your doctor immediately if you notice any of the following:

- fast, pounding heartbeats
- difficulty passing urine
- constipation
- tremors
- nervousness
- restlessness
- nightmares
- ringing in the ears
- excitation
- faintness
- blurred vision
- increased gastric reflux

## Overdose

**If you think that you or anyone else may have taken too many SNUZAID®TABS, immediately contact your doctor, pharmacist or the Poisons Information Centre (telephone 13 11 26).**

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

If you have taken too many SNUZAID®TABS you may suffer;

- severe drowsiness
- severe dryness of the mouth, nose and throat
- flushing or redness in the face
- fast, pounding or irregular heartbeats
- shortness of breath
- hallucinations
- seizures
- convulsions
- insomnia
- dilated pupils
- delirium

---

## After using SNUZAID®TABS

---

### Storage

Keep your tablets in a cool dry place where the temperature stays below 30°C.

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

Keep it where children cannot reach it.

---

## Product Description

---

SNUZAID®TABS are round, white tablets with a break bar on one side.

Active ingredients:

Diphenhydramine hydrochloride 50 mg per tablet.

Other ingredients:

- cellulose-microcrystalline
- crospovidone
- povidone
- silica-colloidal anhydrous
- starch-pregelatinised maize
- magnesium stearate

### Who makes SNUZAID®TABS?

SNUZAID®TABS are made for  
H.W.Woods Pty.Ltd  
8 Clifford Street  
Huntingdale  
VIC 3166

Australian Registration Number: 129483

This leaflet was prepared in July 2004.