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## Consumer Medicine Information

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### What is in this leaflet

This leaflet answers some common questions about Murelax. 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 risks and benefits. Your doctor has weighed the risks of you taking Murelax against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**  
**Keep this leaflet with the medicine.**  
You may need to read it again.

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### What Murelax is used for

Murelax is used to treat

- Anxiety
- Tremor, confusion or anxiety associated with alcohol withdrawal.

Your doctor may have prescribed Murelax for another reason.

**Ask your doctor if you have any questions about why Murelax has been prescribed for you.**

Murelax contains the active ingredient oxazepam, as benzodiazepine. It is thought to work by acting on the brain chemicals.

In general, benzodiazepines such as Murelax should be taken for short periods only (for example 2 to 4 weeks). Continuous long-term use is not recommended unless advised by your doctor. The use of benzodiazepines may lead to dependence on the medicine.

This medicine is available only with a doctor's prescription.

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### Before you take it

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

**Do not take MURELAX if you are allergic to:**

- Oxazepam or any other benzodiazepine medicines
- Any of the ingredients listed at the end of this leaflet.

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 Murelax if you have:**

- severe and chronic lung disease or breathing difficulties
- sleep apnoea.

**Do not take Murelax if the packaging shows signs of tampering or the tablets do not look quite right.**

**Do not take it if the expiry date (EXP) printed on the pack has passed.**

**Murelax is not recommended for use in children under 16 years of age.**

Its safety and effectiveness have not been established in this age group.

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#### *Before you take it*

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

**Tell your doctor if you are pregnant or plan to become pregnant.**

Like other benzodiazepine medicines, Murelax may cause unwanted effects in the newborn baby if used during pregnancy. Your doctor will discuss the risks and benefits of taking Murelax during pregnancy.

**Tell your doctor you are breast-feeding or wish to breastfeed.**

Murelax may pass into breast milk and cause drowsiness and feeding difficulties in the baby. Your doctor will discuss the risks and benefits of taking Murelax when breast-feeding.

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

- liver, kidney or lung problems
- epilepsy, fits or convulsions
- severe muscle weakness known as myasthenia gravis
- low blood pressure
- glaucoma (increased pressure in the eye)
- depression, psychosis or schizophrenia
- drug or alcohol dependence or a past history of these problems.

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

**Tell your doctor if you drink alcohol regularly.**

Alcohol may increase the effects of Murelax.

**Tell your doctor if you plan to have surgery.**

**If you have not told your doctor about any of the above, tell them before you take any Murelax.**

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#### *Taking other medicines*

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

Some medicines may interfere with Murelax. These include:

- other sleeping tablets, sedatives or tranquillisers
- medicines for depression, schizophrenia and other mental illnesses
- medicines to treat epilepsy and fits
- medicines for allergies, for example antihistamines or cold tablets
- medicines used to treat Parkinson's disease
- muscle relaxants
- some pain relievers

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 or pharmacist will have more information on medicines to be careful with or avoid while taking Murelax.

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### How to take it

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

They may differ from the information contained in this leaflet.

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#### *How much to take*

The dose of Murelax varies from patient to patient.

Your doctor will tell you how many tablets 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.

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#### *How to take it*

**Swallow the tablets with a glass of water.**

Murelax can be taken with or without food.

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#### *How long to take it*

**Take Murelax only for as long as your doctor recommends.**

Murelax is usually used for short periods only (such as 2 to 4 weeks). Continuous long term use is not recommended unless advised by your doctor. The use of benzodiazepines may lead to dependence on the medicine.

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#### *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 it as soon as you remember, and then go back to taking it as you would normally.**

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

This may increase the chance of you getting an unwanted side effect.

**If you are unsure about whether to take your next dose, speak to your doctor or pharmacist.**

If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

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

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

If you take too much Murelax you may feel drowsy, confused, tired, dizzy, have difficulty breathing, feel weak or become unconscious.

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### While you are using it

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#### *Things you must do*

**Take Murelax exactly as your doctor has prescribed.**

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

**If you become pregnant while you are taking Murelax, tell your doctor immediately.**

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

Your doctor will check your condition to see whether you should continue to take Murelax.

**Tell your doctor if you feel this medicine is not helping your condition.**

**If you have to have any blood tests, tell your doctor that you are taking Murelax.**  
This medicine may affect the results of some tests.

**Keep enough to last weekends and holidays.**

*Things you must not do*

**Do not drive or operate machinery until you know how Murelax affects you.**

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

**Do not take Murelax for a longer time than your doctor has prescribed.**

**Do not stop taking Murelax or change the dose, without first checking with your doctor.**

Stopping treatment suddenly may cause some unwanted effects. Your doctor may want you to gradually reduce the amount of Murelax you are taking before stopping completely. This may help reduce the possibility of unwanted side effects.

**Do not use it to treat any other complaints unless your doctor tells you to.**

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

*Things to be careful of*

**Be careful when drinking alcohol while taking Murelax.**

Combining Murelax and alcohol can make you more sleepy, dizzy or light-headed.

Your doctor may suggest that you avoid alcohol or reduce the amount of alcohol you drink while you are taking Murelax.

**Be careful if you are elderly, unwell or taking other medicines.**

Some people may experience side effects such as drowsiness, confusion, dizziness and unsteadiness, which may increase the risk of a fall.

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## Side effects

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

Like all other medicines, it 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.

**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:**

- dizziness, drowsiness, feeling tired
- light-headedness or feeling faint
- headache
- nausea, stomach pain
- unpleasant dreams
- slurred speech
- blurred vision
- tingling or numbness of the hands or feet

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

- confusion
- behavioural or mood changes such as sudden outbursts of anger and increased excitement
- hallucinations

- signs of frequent infections such as fever, chills, sore throat or mouth ulcers
- yellowing of the eyes and skin (jaundice)
- dark coloured urine

The above list includes serious side effects which may require medical attention.

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

- fainting
- any type of skin rashes, itching or hives
- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing
- wheezing or shortness of breath

The side effects listed above are serious and require urgent medical attention or hospitalisation.

**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 using MURELAX

### Storage

**Keep your tablets in their blister pack until it is time to take them.**

If you take the tablets out of the blister pack they may not keep as well.

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

**Do not store Murelax, or any other medicines, in the bathroom or near a sink.**

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

Heat and dampness can destroy some medicines.

**Keep it 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.

### Disposal

**If your doctor tells you to stop taking Murelax or the tablets have passed their expiry date, ask your pharmacist what to do with any tablets left over.**

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## Product description

### What it looks like

MURELAX 30 mg are white, round tablets with one side convex and embossed “30”, and the other side flat with an Ezi-split breakline.

MURELAX comes in a box of blister strips containing 25 tablets.

### Ingredients

The active ingredient in MURELAX tablets is oxazepam.

Each MURELAX tablet contains 30 mg oxazepam.

MURELAX 30 mg tablets also contain:

- magnesium stearate
- methylcellulose
- polacrillin potassium
- lactose.

Contains sugars (as lactose monohydrate).

MURELAX does not contain gluten, sucrose, tartrazine or any other azo dyes.

## Supplier

Arrow Pharma Pty Ltd  
15-17 Chapel Street  
Cremorne VIC 3121

Australian Registration Numbers:

MURELAX 30 mg tablets  
AUST R 12952

This leaflet was revised in  
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