

Stugeron™15

cinnarizine

- This medicine is used to control travel sickness.
- This medicine is for use by adults and children aged 5 years and over.
- **Do not use this medicine:**
 - There are some people who should not use this medicine. *To find out if you are one of them see section 2 ▶*
 - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6 ▶*
- **Speak to your doctor:**
 - If you suffer from any of the conditions mentioned in *Section 2*. *See section 2 ▶*
 - If you are taking any **other medicines** see *section 2 ▶*
- **Follow the dosage instructions carefully.** These are shown in the dosage table. *See section 3 ▶*

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

1 What the medicine is for

Stugeron 15 is a medicine, which is used to control travel sickness. The tablets contain cinnarizine, which is an anti-nauseant that helps reduce feelings of nausea during travel.

This medicine is for use in adults and children aged 5 years and over.

2 Before taking this medicine

This medicine is suitable for most adults and children, but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

❌ Do not use this medicine...

- If you have ever had a **bad reaction** to any of the ingredients.
 - If it is for a child **under 5 years old**.
 - If you are **breast-feeding**.
- If any of these apply to you, **get advice from a doctor or pharmacist without using Stugeron 15.**

⚠️ Talk to your doctor or pharmacist before taking this medicine...

- If you have **Parkinson's Disease**.
- If you have **porphyria** (a hereditary **blood disorder**).
- If you have **liver** or **kidney problems**.
- If you are **fructose and galactose intolerant**.
- If you are taking **alcohol**.
- If you are taking any **other medicines**, including:
 - *Tranquilisers* (drugs used to **relax muscles** or **decrease anxiety**).
 - *Tricyclic antidepressants* or *hypnotics* (drugs used to treat **mood or sleep disorders**).

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist. If any of these bullet points apply to you now or in the past, talk to a doctor or pharmacist.

⚠️ If you are pregnant or breast-feeding

- Do not take this medicine if you are breast-feeding. Talk to your doctor or pharmacist before taking this medicine if you are pregnant, think you might be pregnant or are planning to become pregnant.

⚠️ Special warnings about this medicine

- This medicine could affect your reaction to skin tests used to investigate allergies. If you have taken Stugeron 15 within 4 days before a test, tell your doctor.
- Some people may feel drowsy after taking Stugeron 15. If you are affected in this way, do not drive or operate machinery.

- The combined effect of Stugeron 15 and **alcohol** may make you feel drowsy, therefore avoid **alcohol** while taking this medicine.
- The combined effect of Stugeron 15 and *tricyclic antidepressants* and *hypnotics* (drugs used to treat **mood or sleep disorders**) may make you drowsy.
- Some people may experience stomach discomfort after taking Stugeron 15. Taking Stugeron 15 after a meal may help reduce the possibility of stomach discomfort.

⚠️ Some of the ingredients can cause problems

- If you have been told you have an intolerance to some sugars, contact your doctor before taking this medicine.

3 How to take this medicine

Check the table that follows to see how much medicine to take.

- Do not use more than the stated dose shown in the table.
- Stugeron 15 should preferably be taken after meals.
- For oral use only.
- The tablets may be sucked, chewed or swallowed whole with water.

👶 Children under 5 years

Stugeron 15 is not recommended for children under 5 years old.

👤 Adults and children 5 years and over

Age	Dose
Children aged 5 – 12 years	Take 1 tablet two hours before travelling and ½ tablet every eight hours during the journey.
Adults and children over 12 years	Take 2 tablets two hours before travelling and 1 tablet every eight hours during the journey.

3 How to take this medicine (continued)

! If anyone takes too much

If anyone takes too many Stugeron 15 tablets, contact a doctor or nearest Accident and Emergency department (Casualty) taking this leaflet and pack with you.

! If you forget to take the medicine

You should only take this medicine as required following the dosage instructions above carefully. If you forget to take a dose, you can take another tablet as long as you leave 8 hours between doses. **Do not** take a double dose.

4 Possible side-effects

Stugeron 15 tablets can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience the following, stop using the medicine and seek immediate medical help:

- Allergic reactions: Some people may be allergic to these tablets. Signs of allergy include rash (such as hives); wheezing; breathlessness; swollen eyelids, face or lips; complete collapse.

If you get any of these symptoms soon after taking Stugeron 15, don't take any more.

Tell a doctor straight away. Take the packaging and this leaflet with you.

Common side-effects which may occur include:

(less than 1 in 10 but more than 1 in 100 people are affected)

- Drowsiness

Other side-effects which occur but it is unknown how often include:

- Headache
- Dry mouth
- Upset stomach

A small number of people, mostly elderly patients taking Stugeron for a long time, may experience twitching or jerky body movements, muscle stiffness, feeling restless, trembling or a slowness of movement.

In a few instances, mainly when Stugeron is used for a long time, rashes and itchy bumps on the skin may occur, sometimes with mouth sores.

Reporting of side-effects

If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard

By reporting side-effects you can help provide more information on the safety of this medicine.

5 Storing this medicine

Keep the product out of the reach and sight of children.

Do not use your medicine after the expiry date shown on the packaging.

There are no special storage conditions for this product. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment

6 Further information

What's in this medicine?

The active ingredient in Stugeron 15 tablets is: Cinnarizine 15 mg.

Other ingredients are: Lactose monohydrate, maize starch, sucrose, talc, magnesium stearate, povidone.

What the medicine looks like

Stugeron 15 tablets are white, round tablets marked S/15 on one side. They are available in packs of 15 tablets.

Product Licence holder:

McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

Manufacturer:

Janssen-Cilag, Domaine de Maigremont, 27100 Val de Reuil, France.

7 What you can do to help stop these symptoms

At Sea:

Where possible, stay on deck and keep your eyes on the horizon. Keep away from diesel and galley smells. Avoid rich and fatty foods while travelling.

On the road:

If possible, keep looking ahead into the distance. Travel in daylight and try to make sure that children can see forwards out of the windscreen. Avoid reading and travel with a window open. Avoid rich and fatty foods.

