Package leaflet: Information for the user

ZYDOL 100 mg / 2 ml solution for injection

Tramadol hydrochloride

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet (section 4).

In this leaflet:

1. What ZYDOL is and what it is used for

The full name of your medicine is 'ZYDOL 100 mg / 2 ml solution for injection'. It is referred to as 'ZYDOL' in the rest of this leaflet.

Tramadol - the active substance in ZYDOL - is a painkiller belonging to the class of opioids that acts on the central nervous system. It relieves pain by acting on specific nerve cells of the spinal cord and brain.

ZYDOL is used for the treatment of moderate to severe pain.

2. What you need to know before you take ZYDOL

Do not receive ZYDOL
- if you are allergic to tramadol or any of the other ingredients of this medicine (listed in section 6);
- in acute poisoning with alcohol, sleeping pills, pain relievers or other psychotropic medicines (medicines that affect mood and emotions)
- if you are also taking MAO inhibitors (certain medicines used for treatment of depression) or have taken them in the last 14 days before treatment with ZYDOL (see "Other medicines and ZYDOL")
- if you are an epileptic and your fits are not adequately controlled by treatment
- as a substitute in drug withdrawal.

Warnings and precautions

Talk to your doctor before taking ZYDOL

- if you think that you are addicted to other pain relievers (opioids)
- if you suffer from consciousness disorders (if you feel that you are going to faint)
- if you are in a state of shock (cold sweat may be a sign of this)
- if you suffer from increased pressure in the brain (possibly after a head injury or brain disease)
- if you have difficulty in breathing
- if you have a tendency towards epilepsy or fits because the risk of a fit may increase
- if you suffer from a liver or kidney disease.

Epileptic fits have been reported in patients taking tramadol at the recommended dose level. The risk may be increased when doses of tramadol exceed the recommended upper daily dose limit (400 mg).

Please note that ZYDOL may lead to physical and psychological addiction. When ZYDOL is used for a long time, its effect may decrease, so that higher doses have to be used (tolerance development). In patients with a tendency to abuse medicines or who are dependent on medicines, treatment with ZYDOL should only be carried out for short periods and under strict medical supervision.

Please also inform your doctor if one of these problems occurs during ZYDOL treatment or if they applied to you in the past.

Tramadol is transformed in the liver by an enzyme. Some people have a variation of this enzyme and this can affect people in different ways. In some people, they may not get enough pain relief but other people are more likely to get serious side effects. If you notice any of the following side effects, you must stop taking this medicine and seek immediate medical advice: slow or shallow breathing, confusion, sleepiness, small pupils, feeling or being sick, constipation, lack of appetite.

Other medicines and ZYDOL
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

ZYDOL should not be used together with MAO inhibitors (certain medicines for the treatment of depression).

The pain-relieving effect of ZYDOL may be reduced and the length of time it acts may be shortened, if you take medicines which contain
- carbamazepine (for epileptic fits)
- ondansetron (prevents nausea).

Your doctor will tell you whether you should take ZYDOL, and which dose.

The risk of side effects increases
- if you are taking tranquillizers, sleeping pills, other pain relievers such as morphine and codeine (also as cough medicine), and alcohol while receiving ZYDOL. You may feel drowsier or feel that you might faint. If this happens tell your nurse or doctor.
- if you are taking medicines which may cause convulsions (fits), such as certain antidepressants or antipsychotics. The risk having a fit may increase if you receive ZYDOL at the same time. Your doctor will tell you whether ZYDOL is suitable for you.
- if you are taking certain antidepressants ZYDOL may interact with these medicines and you may experience symptoms such as involuntary, rhythmic contractions of muscles, including the muscles that control movement of the eye, agitation, excessive sweating, tremor, exaggeration of reflexes, increased muscle tension, body temperature above 38˚C.
- if you are taking coumarin anticoagulants (medicines for blood thinning), e.g. warfarin, during treatment with ZYDOL. The effect of these medicines on blood clotting may be affected and bleeding may occur.

ZYDOL with food and alcohol
Do not drink alcohol during treatment with ZYDOL as its effect may be intensified. Food does not influence the effect of ZYDOL.

Children and adolescents

Use in children with breathing problems:

Tramadol is not recommended in children with breathing problems, since the symptoms of tramadol toxicity may be worse in these children.

Pregnancy, breast-feeding and fertility
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

There is very little information regarding the safety of tramadol in human pregnancy. Therefore you should not receive ZYDOL if you are pregnant.

Chronic use during pregnancy may lead to withdrawal symptoms in newborns.

Tramadol is excreted into breast milk. For this reason, you should not take Zydol more than once during breast-feeding, or alternatively, if you take Zydol more than once, you should stop breast-feeding.

Based on human experience tramadol is suggested not to influence female or male fertility.

Driving and using machines
ZYDOL may cause drowsiness, dizziness and blurred vision and therefore may impair your reactions. If you feel that your reactions are affected, do not drive a car or other vehicle, do not use electric tools or operate machinery.

ZYDOL contains sodium
This medicinal product contains less than 1 mmol sodium (23 mg) per ml, i.e. essentially 'sodium-free'.

3. HOW TO USE ZYDOL

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

The dosage should be adjusted to the intensity of your pain and your individual pain sensitivity. In general the lowest pain-relieving dose should be
received. Normally, daily doses up to 8 ml of ZYDOL solution for injection (equivalent to 400 mg tramadol hydrochloride) will be sufficient. Exceptionally, if clinically required, your doctor may direct to use a higher daily dose.

Unless otherwise prescribed by your doctor, the usual dose is:

<u>Adults and adolescents from the age of 12 years</u>
Depending on your pain, you will receive 1-2 ml of ZYDOL (equivalent to 50 – 100 mg tramadol hydrochloride).

Depending on your pain, the effect lasts for about 4-8 hours.
Your doctor may prescribe a different, more appropriate dosage of ZYDOL.

For medical and healthcare professionals, further information on administration is given in the 'User leaflet - Information for the health professional'.

Children from the age of 1 year
The usual single dose is 1 - 2 mg tramadol hydrochloride per kg body weight. The lowest analgesically effective dose should generally be selected. Daily doses of 8 mg tramadol hydrochloride per kg body weight or 400 mg tramadol hydrochloride, whichever is lower, should not be exceeded per day.

Elderly patients
In elderly patients (above 75 years) the excretion of tramadol may be delayed. If this applies to you, your doctor may direct to prolong the dosage interval.

Sever liver or kidney disease (insufficiency)/dialysis patients
Patients with severe liver and/or kidney insufficiency should not take ZYDOL. If in your case the insufficiency is mild or moderate, your doctor may recommend prolonging the dosage interval.

How and when should you receive ZYDOL?
ZYDOL will be injected slowly usually into a blood vessel under the surface of the arm or injected into muscle (usually the buttocks) or under the skin. Alternatively, ZYDOL will be diluted and infused into a vein.

For medical and healthcare professionals, further information on administration is given in a separate leaflet 'User leaflet - Information for the health professional'.

How long should you take ZYDOL?
You should not receive ZYDOL for longer than necessary. If you need to be treated for a longer period, your doctor will check at regular short intervals (if necessary with breaks in treatment) whether you should continue to receive ZYDOL and at what dose.

If you have the impression that the effect of ZYDOL is too strong or too weak, talk to your doctor or pharmacist.

If you receive more ZYDOL than you should
If you have received an additional dose by mistake, this will generally have no negative effects. You should receive your next dose as prescribed.

If you (or someone else) receive a very high dose of ZYDOL solution for injection you should go to the hospital or call a doctor straight away. Signs of an overdose include very small pupils, being sick, fall in blood pressure, fast heartbeat, collapse, unconsciousness, fits and breathing difficulties or shallow breathing.

If you miss a dose of ZYDOL
If you do not receive ZYDOL, pain is likely to return. You should not receive a double dose to make up for forgotten individual doses, simply continue receiving ZYDOL as before.

If you stop using ZYDOL
If treatment with ZYDOL is interrupted or finished too soon, pain is likely to return. If you wish to stop treatment on account of unpleasant effects, please tell your nurse or doctor.

You should not suddenly stop taking this medicine unless your doctor tells you to. If you want to stop taking your medicine, discuss this with your doctor first, particularly if you have been taking it for a long time. Your doctor will advise you when and how to stop, which may be by lowering the dose gradually to reduce the chance of developing unnecessary side effects (withdrawal symptoms).

Generally there will be no after-effects when treatment with ZYDOL is stopped. However, on rare occasions, people who have been treated with ZYDOL for some time may feel unwell if the treatment is abruptly stopped. They may feel agitated, anxious, nervous or shaky. They may be hyperactive, have difficulty sleeping and have stomach or bowel disorders. Very few people may get panic attacks, hallucinations, unusual perceptions such as itching, tingling and numbness, and "ringing" in the ears (tinnitus). Further unusual CNS symptoms, i.e. confusion, delusions, change of perception of the own personality (depersonalisation), and change in perception of reality (derealisation) and delusion of persecution (paranoia) have been seen very rarely. If you experience any of these complaints after stopping ZYDOL, please tell your nurse or doctor.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.
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You should see a doctor immediately if you experience symptoms of an allergic reaction such as swollen face, tongue and/or throat, and/or difficulty swallowing or hives together with difficulties in breathing.

The most common side effects during treatment with ZYDOL are nausea and dizziness, which occur in more than 1 in 10 people.

Very common: may affect more than 1 in 10 people

- dizziness
- feeling sick (nausea)

Common: may affect up to 1 in 10 people

- headaches, drowsiness
- fatigue
- constipation, dry mouth being sick (vomiting)
- sweating (hyperhidrosis)

Uncommon: may affect up to 1 in 100 people

- effects on the heart and blood circulation (pounding of the heart, fast heartbeat, feeling faint or collapse). These adverse effects may particularly occur in patients in an upright position or under physical strain.
- urge to be sick (retching), stomach trouble (e.g. feeling of pressure in the stomach, bloating), diarrhoea
- skin reactions (e.g. itching, rash)

Rare: may affect up to 1 in 1,000 people

- allergic reactions (e.g. difficulty in breathing, wheezing, swelling of skin) and shock (sudden circulation failure) have occurred in very rare cases.
- slow heartbeat
- increase in blood pressure

- abnormal sensations (e.g. itching, tingling, numbness), trembling, epileptic fits, muscle twitches, uncoordinated movement, transient loss of consciousness (syncope), speech disorders.
- epileptic fits have occurred mainly at high doses of tramadol or when tramadol was taken at the same time as other medicines which may induce fits.
- changes in appetite
- hallucination, confusional state, sleep disorders, delirium, anxiety and nightmares
- psychological complaints may appear after treatment with ZYDOL Capsules. Their intensity and nature may vary (according to the patient's personality and length of therapy). These may appear as a change in mood (mostly high spirits, occasionally irritated mood), changes in activity (slowing down but sometimes an increase in activity) and decreased cognitive and sensory perception (being less aware and less able to make decisions, which may lead to errors in judgement).
- Drug dependence may occur. When treatment is stopped abruptly, signs of withdrawal may appear (see "If you stop taking ZYDOL").
- blurred vision, excessive dilation of the pupils (mydriasis), constriction of the pupils (miosis)
- slow breathing, shortness of breath (dyspnoea)
- Worsening of asthma has been reported, however it has not been established whether it was caused by tramadol. If the recommended doses are exceeded, or if other medicines that depress brain function are taken at the same time, breathing may slow down.
- weak muscles
- passing urine with difficulty or pain, passing less urine than normal (dysuria).

Very rare: may affect up to 1 in 10,000 people

- hepatic enzymes increased

Not known: frequency cannot be estimated from the available data

- decrease in blood sugar level

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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; e-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE ZYDOL

Keep out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the ampoule and the carton. The expiry date refers to the last day of that month. Do not store above 30°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away any medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What ZYDOL contains
The active substance is tramadol hydrochloride.
Each ampoule contains 100 mg tramadol hydrochloride in 2 ml solution for injection.
The other ingredients are: sodium acetate, water for injection.

What ZYDOL looks like and contents of the pack
ZYDOL solution for injection is a clear colourless, aqueous solution.

ZYDOL 100 mg / 2 ml solution for injection is contained in clear glass ampoules and is supplied in boxes of five ampoules, each containing 2 ml solution.

Marketing Authorisation Holder and Manufacturer
Marketing Authorisation Holder:
Grünenthal Ltd.
Regus Lakeside House
1 Furzeground Way
Stockley Park East
Uxbridge
Middlesex
UB11 1BD
United Kingdom

Manufacturer:
Grünenthal GmbH
Zieglerstraße 6
52078 Aachen
Germany

Other formats:
To listen to or request a copy of this leaflet in Braille, large print or audio please call:

0044 173 3375 370

Please be ready to give the following information:

Product name	Reference number
ZYDOL 100 mg/2 ml Solution for Injection	PA 1189/1/4

This is a service provided by the Royal National Institute of the Blind.

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