

# Medicine Name<sup>®</sup> (*phonetic spelling if required*)

Generic name

---

## Consumer Medicine Information

Name  
Address  
Address

### What is in this leaflet<sup>1</sup>

Standard information as suggested in the Usability Guidelines:

This leaflet answers some common questions about Medicine Name. 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<sup>2</sup>. Your doctor has weighed the risks of you taking Medicine Name against the benefits they expect it will have for you.

*Alternative:*

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Medicine Name against the benefits this medicine is expected to 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.

### What Medicine Name is used for

<sup>1</sup> Depending on the length of your CMI, consider using a table of contents (see Usability Guidelines)  
<sup>2</sup> Consider reversing "risks" and "benefits"

*For anxiolytic indication:*

Medicine Name is used for anxiety. Anxiety or tension associated with the normal stress of everyday life usually does not require treatment with medicines.

*For sedative/hypnotic indication:*

Medicine Name is used to treat sleeping problems, also called insomnia.

*For anticonvulsant indication:*

Medicine Name is used to treat epilepsy.

*For muscle relaxant indication:*

Medicine Name is used to relax muscles.

*Other indications:*

Medicine Name can also be used to treat trembling, confusional states or anxiety associated with alcohol withdrawal. It is also used to treat panic attacks.

*Non-approved use:*

Your doctor, however, may have prescribed Medicine Name for another purpose. Ask your doctor if you have any questions about why Medicine Name has been prescribed for you.

Medicine Name belongs to a group of medicines called benzodiazepines. They are thought to work by their action on brain chemicals.

*Statement about addictive properties:*

In general, benzodiazepines such as Medicine Name should be taken for short periods only (for example 2 - 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.

*Alternative statement:*

If you take Medicine Name for too long it may become habit-forming. Benzodiazepines may lead to physical or psychological dependence. If you have any concerns, you should discuss this with your doctor.

*And:*

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

---

### Before you take Medicine Name

---

or

---

## Before you use Medicine Name

---

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

Do not take/use Medicine Name if:<sup>3</sup>

- Medicine Name or any of the ingredients listed at the end of this leaflet
- any other medicine from the benzodiazepine group of medicines

Some of the symptoms of an allergic reaction to Medicine Name may include (as listed in the PI)

**2. you have severe and chronic lung disease.**

**3. you are breastfeeding or plan to breast feed.**<sup>4</sup>

Medicine Name may pass into the breast milk and cause drowsiness and/or feeding difficulties in the infant. Medicine Name is not recommended for use while breast feeding.

*Tampering and Expiry Date Warnings:*

**Do not use Medicine Name if the packaging is torn or shows signs of tampering.**

**Do not use Medicine Name after the expiry date (EXP) printed on the pack.**

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

*Alternative:*

It may have no effect at all, or worse, an entirely unexpected effect if you use it after the expiry date.

*Use in children statement:*

---

<sup>3</sup> Check with the Usability Guidelines for alternate ways of structuring this section.

<sup>4</sup> Consider placing breastfeeding statements here or under "Before you start to take/use it"

**Do not give this medicine to children unless advised by the child's doctor.**

The safety and effectiveness of Medicine Name in children have not been established.

**Before you start to take/use it**

**You must tell your doctor if:**

**1. you have any allergies to:**

- any other medicines
- any other substances, such as foods, preservatives or dyes

**2. You are pregnant or plan to become pregnant.**

Your doctor will discuss the risks and benefits of taking Medicine Name during pregnancy.

**3. You are breastfeeding or plan to breastfeed.**

Your doctor will discuss the risks and benefits of taking Medicine Name when breastfeeding.

*Alternative:*

**Do not use Medicine Name if you are pregnant or breastfeeding unless you and your doctor have discussed the risks and benefits involved.**<sup>5</sup>

**4. you have or have had any other medical conditions including:**

(as per the PI - for example:)

- liver, kidney or lung disease
- if you suffer from fits or convulsions
- if you suffer from severe muscle weakness known as myasthenia gravis<sup>6</sup>
- if you have high or low blood pressure
- if you have glaucoma (high pressure in the eye)
- if you suffer from depression, psychosis or schizophrenia

---

<sup>5</sup> Consider placing pregnancy and breastfeeding statements here and/or under "When you must not take/use it"

<sup>6</sup> Depending on the PI, consider locating under "When you must not take/use it".

**5. you drink alcohol regularly.**

Alcohol may increase the effects of Medicine Name.

*Pregnancy and breastfeeding: (as per the PI)*

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

**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 Medicine Name. These include:

- other sleeping tablets, sedatives or tranquillisers
- medicines for depression
- medicines for allergies for example antihistamines or cold tablets
- pain relievers
- muscle relaxants
- medicines to control fits

These medicines may increase the effects of Medicine Name. You may need to take different amounts of your medicine or you may need to take different medicines. Your doctor will advise you.

Your doctor or pharmacist may have more information on medicines to be careful with or avoid while taking Medicine Name.

*Alternative:*

These medicines may be affected by Medicine Name or may effect how well it works. You may need to take different amounts of your medicine 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 Medicine Name.

---

## How to take Medicine Name

---

or

---

## How to use Medicine Name

---

*This information will be product specific, consistent with the approved PI. The following order of information is suggested, but will depend upon the particular product and the amount of information. These headings and information are suggested but may not be necessary in all cases:*

### **How much to take**

The dose of Medicine Name may be different for each person. Your doctor will decide the right dose for you.

### **How to take it**

*Oral only:*

#### **How to take it**

*Including taking with water or any special precautions, if appropriate.*

**Swallow Medicine Name with a glass of water.**

*Alternatives:*

**If you are taking the dispersible tablets, allow the tablets to dissolve in a glass of water, then drink it straight away.**

**Swallow Medicine Name whole with a full glass of water. Do not chew them.**

The tablets have a special coating to stop them dissolving until they have passed through the stomach into the bowel. Chewing them would destroy the coating.

### **When to take it**

*Include time with respect to food, dosing intervals, night-time dosing etc.*

### **How long to take it (as appropriate)**

**Do not use Medicine Name for longer than your doctor says.**

Usually Medicine Name should be used for short periods only (for example 2 - 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.

Continue taking Medicine Name as long as your doctor recommends it.

### **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.<sup>7</sup>**

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

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

*Alternative for hypnotic indication:*

If you forget to take Medicine Name before you go to bed and you wake up late in the night or early morning, do not take any Medicine Name as you may have trouble waking in the morning. If you have any questions about this, ask your doctor or pharmacist.

*Alternative:*

**Do not try to make up for missed doses by taking more than one dose at a time.**

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

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

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

**Immediately telephone your doctor or Poisons Information**

---

<sup>7</sup> These two paragraphs are in reverse order from that recommended in the Usability Guidelines.

**Centre (telephone 13 11 26)<sup>8</sup> for advice, or go to casualty at your nearest hospital, if you think that you or anyone else may have taken too much Medicine Name.**

**Do this even if there are no signs of discomfort or poisoning. Also report any other medicine or alcohol which has been taken. You may need urgent medical attention. Keep telephone numbers for these places handy.**

If you take too much Medicine Name you may feel drowsy, confused, tired, dizzy, have difficulty breathing, feel weak or become unconscious. (*symptoms as per the PI*)

---

## While you are using Medicine Name

---

### **Things you must do**

**Use Medicine Name exactly as your doctor has prescribed.**

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

**If you become pregnant while you are taking Medicine Name, tell your doctor (immediately)<sup>9</sup>**

*Alternative:*

**Tell your doctor or pharmacist that you are taking Medicine Name if you are about to be started on any new medicines.**

**Tell your doctor if you feel Medicine Name is not helping your condition.**

**Visit your doctor regularly.**

Your doctor needs to check your progress and see whether you need to keep taking Medicine Name.

**Always discuss with your doctor any problems or difficulties**

---

<sup>8</sup> Consider including the relevant New Zealand telephone numbers here.

<sup>9</sup> Use "immediately" if appropriate to the product.

**during or after taking Medicine Name.**

**Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed.**

Otherwise your doctor may think that it was not effective and change your treatment unnecessarily.

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

*Anxiolytic indication only:*

**If you are being treated for anxiety, be sure to discuss with your doctor any problems you may have and how you feel, especially if your anxiety attacks are getting worse or more frequent.**

This will help your doctor to determine the best treatment for you.

***Things you must not do***

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

Medicine Name may cause drowsiness or dizziness in some people and therefore may affect alertness.

Make sure you know how you react to Medicine Name before you drive a car, operate machinery, or do anything else that could be dangerous if you are drowsy, dizzy or not alert.

Even if you take Medicine Name at night, you may still be drowsy or dizzy the next day.

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

Medicine Name should be taken for short periods only (for example 2 to 4 weeks), unless advised otherwise by your doctor.

**Do not change your dose without first checking with your doctor.**

**Do not stop taking Medicine Name or lower the dose, without first checking with your doctor.**

Stopping this medicine suddenly may cause some unwanted effects.

You and your doctor will slowly reduce your dose of Medicine Name before you can stop taking it completely.

**Do not suddenly stop taking Medicine Name if you suffer from epilepsy.**

Stopping this medicine suddenly may make your epilepsy worse.

**Do not use this medicine to treat any other complaints unless your doctor says to.**

**Do not give Medicine Name to anyone else, even if their symptoms seem similar to yours.**

***Things to be careful of***

**Be careful when drinking alcohol while taking Medicine Name.**

Combining Medicine Name and alcohol can make you more sleepy, dizzy or lightheaded.

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

**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.

---

## **Side effects**

---

*Only the opening general statements will be consistent in this section. Other statements will be product specific and consistent with the approved Product Information.*

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

Medicine Name helps most people with (indications), but it may have unwanted side effects in some people.

All medicines may have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

*Alternative:*

**Check with your doctor as soon as possible if you have any problems while taking Medicine Name, even if you do not think the problems are connected with the medicine or are not listed in this leaflet.**

Like other medicines, Medicine Name can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious and need medical attention.

**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:**

- *list as appropriate*

These side effects are usually mild.

*or:*

These are the more common side effects of Medicine Name.

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

- *list as appropriate*

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

**Other side effects not listed above may occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell when you are taking, or soon after you**

have finished taking, **Medicine Name**.

*Alternatives:*

**Check with your doctor as soon as possible if you have any problems while taking Medicine Name even if you do not think the problems are connected with the medicine or are not listed in this CMI.**

Like other medicines, Medicine Name can cause some side effects. If they occur, they are most likely to be minor and temporary. However, some may be serious and need medical attention.

**Some people may get other side effects while using Medicine Name.**

**Ask your doctor or pharmacist if you don't understand anything in this list.**

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

---

## **After using Medicine Name**

---

*This information will be product specific. See general statements in the Usability Guidelines including:*

### **Storage**

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

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

**Keep Medicine Name in a cool dry place where the temperature stays below 30°C. Do not store**

**it, or any other medicines, in a 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 Medicine Name or the tablets/capsules etc have passed their expiry date, ask your pharmacist what to do with any tablets/capsules etc left over.**

---

## **Product description**

---

*This information will be product specific. The Usability Guidelines suggest the information should be written in the following order:*

### **What it looks like**

### **Ingredients**

*When Australian Food Standard codes exist, these could follow each Australian Approved name.*

Medicine Name does not contain gluten, lactose, sucrose, tartrazine or any other azo dyes.

### **Manufacturer**

*Include:*

- *Name and address of sponsor*
- *ARTG Number*
- *Date of Preparation*

**The statements in this core CMI are optional. Some may not be appropriate for a given product. In order to achieve consistency, however, CMI writers are encouraged to use these statements and follow the Usability Guidelines wherever possible.**