

What you should know about MST CONTINUS® tablets

Prolonged release Morphine Sulphate PhEur

Please read this leaflet before you start taking your tablets.

If you have any questions, or you are not sure about anything, ask your doctor or pharmacist.

Keep this leaflet in a safe place, you may want to read it again.

What is in MST CONTINUS tablets?

The film-coated, prolonged release tablets contain the active ingredient Morphine Sulphate PhEur (either 5 mg, 10 mg, 15 mg, 30 mg, 60 mg, 100 mg or 200 mg). Morphine belongs to a group of medicines called analgesics or 'painkillers'. All the tablets are marked NAPP on one side and the strength (5 mg, 10 mg, 15 mg, etc) on the other. The 5 mg tablets are white, the 10 mg tablets are golden brown, the 15 mg tablets are green, the 30 mg tablets are dark purple, the 60 mg tablets are orange, the 100 mg tablets are grey, and the 200 mg tablets are teal green.

MST CONTINUS tablets also contain the following inactive ingredients:

- | | | |
|--|-------------------------|--------|
| * Lactose (except 100 mg and 200 mg tablets) | * Hydroxyethylcellulose | |
| * Cetostearyl alcohol | * Magnesium stearate | * Talc |

All MST CONTINUS tablets are coated with:

- * Hypromellose
- * Macrogol
- * Titanium dioxide (E171)

The tablets also have the colourants shown below:

10 mg tablet - Iron oxide (E172).

15 mg tablet - Iron oxide (E172), brilliant blue (E133), quinoline yellow (E104) and indigo carmine (E132).

30 mg tablet - Erythrosine (E127), indigo carmine (E132) and sunset yellow (E110).

60 mg tablet - Sunset yellow (E110), quinoline yellow (E104) and erythrosine (E127).

100 mg tablet - Iron oxide (E172) and indigo carmine (E132).

200 mg tablet - Brilliant blue (E133) and quinoline yellow (E104).

Caution: Sunset Yellow (E110) can cause allergic reactions such as asthma. This is more common in people who are allergic to aspirin.

In each box there are 60 tablets.

The tablets are made by Bard Pharmaceuticals Limited for the marketing authorisation holder Napp Pharmaceuticals Limited, both at the Cambridge Science Park, Cambridge CB4 0GW, UK.

What are the tablets for?

The tablets are to relieve severe pain.

Who can take the tablets?

Adults and children over one year old can take the tablets.

The lower strengths of MST CONTINUS tablets may also be prescribed for adults to relieve pain for a short while after an operation.

Before you take the tablets, please tell your doctor or pharmacist if:

- * you are pregnant or breast-feeding,
- * you are taking medicines to treat depression, for example monoamine oxidase inhibitors, or you have taken this type of medicine in the last two weeks,
- * you are taking medicines to help you sleep, for example tranquillisers, hypnotics or sedatives, or if you begin taking them while still on MST CONTINUS tablets,
- * you are sensitive or allergic to morphine,
- * you are taking medicines to treat high blood pressure,
- * you have recently been given an anaesthetic that relaxes your muscles,
- * you are taking cimetidine (a medicine for ulcers, indigestion, or heartburn).

Also tell your doctor or pharmacist if you have any condition in the list below:

- * Asthma,
- * Chronic bronchitis,
- * Thyroid problems,
- * Kidney problems,
- * Liver problems,
- * Paralytic ileus (a type of bowel problem),

- * Any stomach problems (such as delayed gastric emptying or acute abdomen),
- * Raised intracranial pressure (severe headache, feeling sick),
- * Low blood pressure,
- * Pancreatitis (swelling of the pancreas),
- * Adrenocortical insufficiency (poor adrenal gland function),
- * Prostatic hypertrophy (a problem with the prostate gland).

If you are going to have an operation, please tell the doctor at the hospital that you are taking these tablets. Only take the tablets if they have been prescribed for you. Never give them to other people, even if their symptoms are the same as yours.

Don't drink alcohol during your treatment with these tablets and **don't** drive or use machinery if you feel sleepy or cannot concentrate.

How do I take my tablets?

The label on your medicine will tell you how many tablets to take and how often. If you are not sure, ask your doctor or pharmacist. **Don't** take more tablets than the label tells you to.

Swallow your tablets whole with water. **Don't** crush or chew them.

You should take your tablets every 12 hours. For instance, if you take a tablet at 8 o'clock in the morning, you should take your next tablet at 8 o'clock in the evening.

What should I do if I forget to take my tablets?

If you remember within 4 hours of the time your tablet was due, take your tablet straight away. Take your next tablet at your normal time.

If you are more than 4 hours late, please call your doctor for advice. They may give you another painkiller until you are due to take your next tablet.

What should I do if someone accidentally swallows my tablets or I take too many?

Call your doctor or local hospital straight away.

Will I have any problems?

Most people will have constipation when they take these tablets. Your doctor can prescribe a laxative to overcome this problem. Apart from constipation, most people will not have any other problems when taking the tablets.

You may feel sick or vomit (be sick) when you take your tablets. This should wear off after a few days. Your doctor can prescribe an anti-vomiting medicine if it causes problems.

You may find that you cannot concentrate or that you feel more sleepy than normal when you start taking your tablets or when your dose increases. This should also wear off after a few days.

In a few people one of the following may occur: dry mouth, sweating, vertigo (dizziness), headache, mood changes, irregular heart beat, disorientation (confusion), facial flushing (redness of the face), hallucinations, bronchospasm (narrowing of air passages), and colic (a type of gripping pain).

Very occasionally, passing water may be difficult. On rare occasions there have been reports of patients having a lower blood pressure and a slower heart beat. Some patients may suffer from an allergic reaction such as a rash or itching.

If you have any other problems, please tell your doctor.

How long and where should I keep my tablets?

There is a 'use-by' date on the label. For example, EXP 8.2005 means that you should not take the tablets after the end of August 2005. After the 'use-by' date, take your tablets to a pharmacy.

Do not keep your tablets above 25°C (77°F). Keep them in a safe place where children cannot see or reach them.

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January 2001

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