

PACKAGE LEAFLET: INFORMATION FOR THE USER
Defal 30 mg tablets
Deflazacort

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 medicinal product 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.

What is in this leaflet:

1. What Defal is and what it is used for
2. What you need to know before you take Defal
3. How to take Defal
4. Possible side effects
5. How to store Defal
6. Further information

1. What Defal is and what it is used for

Defal is a medicine from a group of medicines known as corticosteroids, which have anti-inflammatory and anti-allergic properties. Its safety profile is different as it interferes less with glucidic metabolism and has less mineralocorticosteroid effect than other corticosteroids.

Defal is indicated for the treatment of:

- Rheumatic and collagen diseases.
- Skin diseases.
- Allergic diseases: bronchial asthma that does not respond to conventional treatment.
- Respiratory apparatus diseases.
- Eye diseases.
- Blood diseases.
- Digestive system diseases.
- Kidney diseases.
- Liver diseases.

2. What you need to know before you take Defal

- Do not take Defal
- If you are allergic (hypersensitive) to deflazacort or any of the other ingredients of this medicine (refer to section 6).
- If you suffer from stomach ulcer.
- If you suffer from bacterial (active tuberculosis) or viral infections (herpes simplex eye disease, herpes zoster, chicken pox) or generalized infections caused by fungi.
- If you are about to be, or have recently been, vaccinated.

Warnings and precautions

- Take special care with Defal
- Tell your doctor if you are suffering from any heart disease, congestive heart failure, high blood pressure, thromboembolic diseases (those caused by blood clots), diseases of the oesophagus, stomach or intestine, diabetes mellitus, emotional disorders, psychosis, epilepsy, glaucoma, hypothyroidism (failure of the thyroid gland) and/or cirrhosis.
 - The dose of corticosteroids must be adjusted in special situations (surgery, infections and others); therefore the doctor must know whether you have suffered from any disease.
 - In children, the prolonged use of this medicine may stop their growth and development.
 - After long-term treatment with Defal, the dose must be reduced gradually. Do not stop taking this medicine without talking to your doctor first.
 - Talk to your doctor before taking this medicine.

Use in athletes

Patients must be warned that this medicine contains deflazacort, which can produce a positive antidoping test result.

Other medicines and Defal

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without prescription.

- In particular, tell your doctor or pharmacist if you are taking any of the medicines listed below, as Defal might interact with them.
- Diabetes medicines: as the dose might need to be changed.
- Antibiotics (rifampicin): as they may reduce the effect of Defal.
- Oestrogens or oral contraceptives: as the effect of Defal may be increased.
- Medicines that cause muscle relaxation: as the relaxant effect may be prolonged.
- Anticholinesterase medicines used in myasthenia gravis.
- Vaccines and toxoids: as corticosteroids decrease the immune response.
- Medicines for epilepsy and those used in psychiatric treatments (phenytoin, phenobarbital): as they may decrease the effect of Defal.

Pregnancy and breast-feeding

Defal must not be used during the first three months of pregnancy unless the doctor considers that the benefits outweigh the potential risk.

IMPORTANT INFORMATION FOR WOMEN:

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. The use of medicines during pregnancy can be dangerous for the embryo or foetus and must be monitored by your doctor. Defal passes into breast milk, therefore its use during breastfeeding is not recommended.

Driving and using machines

Although no information is available, until the response to treatment is satisfactory, you are advised not to perform tasks that require special attention, such as driving vehicles, using potentially dangerous machinery, etc.

Defal 30 mg tablets contains lactose

This medicine contains lactose. If your doctor has indicated that you suffer from intolerance to certain sugars, ask them before taking this medicine.

3. How to take Defal

Always take this medicine exactly as per your doctor's instructions. Check with your doctor or pharmacist if you are not sure. This medicine is administered by oral route. Your doctor will tell you how many tablets you need to take and how often. The dose is individual for each patient and may be changed by the doctor depending on how you respond to treatment.

If you take more Defal than you should

In the event of overdose or accidental ingestion, call the Toxicology Information Service, stating the medicine and the amount taken and immediately go to a hospital to receive appropriate treatment.

If you forget to take Defal

Do not take a double dose to make up for forgotten doses.

If you stop taking Defal

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

4. Possible side effects

- Like all medicines, Defal can cause side effects, although not everybody gets them.
- The side-effects of Defal, which have mainly been observed during long-term treatment, are as follows:
- Gastrointestinal disorders: gastrointestinal ulcer.
- Nervous system disorders: headache, dizziness, restlessness, sleep disorders.
- Skin and subcutaneous tissue disorders: healing problems, skin damage.
- Cardiac and vascular disorders: increased blood pressure (hypertension), water retention in tissues (oedema).
- Endocrine disorders: weight gain, worsening of diabetes mellitus, disappearance of menstruation (amenorrhea)
- Musculoskeletal and connective tissue and bone disorders: muscle weakness, osteoporosis.
- Eye disorders: eye problems.

The use of Defal along with other medicines that cause muscle relaxation, especially when high doses are administered for long periods of time, may produce severe muscle disorders. If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. How to store Defal

- Store below 30°C.
- Keep out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the container after EXP. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Place the containers and medicines you no longer need in the recycling point at the pharmacy. If you are unsure, ask your pharmacist how to throw away packages and medicines you no longer need. These measures will help protect the environment.

6. Further information

What Defal 30 mg tablets contains

The active substance is deflazacort. Each tablet contains 30 mg of deflazacort.

The other ingredients are lactose monohydrate, corn starch, microcrystalline cellulose and magnesium stearate.

What Defal 30 mg tablets looks like and contents of the pack:

Round, white, uncoated tablets with a cross on one face and the number 30 on the other.

The tablet can be divided into equal parts.
Defal 30 mg tablets is packaged in a PVC-aluminium blister and is supplied in packs containing 10 tablets.

Other presentations

Defal 6 mg tablets: pack containing 20 tablets of 6 mg deflazacort.

Defal 22.75 mg/ml oral drops, suspension: bottle containing 13 ml of suspension and a dropper.

Not all presentations or pack sizes are marketed or registered.

Marketing authorisation holder and manufacturer

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THIS IS A MEDICAMENT

Medicament is a product which affects your health. Its consumption contrary to instructions is dangerous for you. Strictly follow the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.

-The doctor and the pharmacist are the experts in medicines, their benefits and risks.

-Do not by yourself interrupt the period of treatment prescribed.

-Do not repeat the same prescription without consulting your doctor.

-Keep all medicaments out of the reach of children.

Council of Arab Health Ministers.

Union of Arab Pharmacists.