

Reumotherm[®]

Meloxicam



Tablets 15mg

PACKAGE LEAFLET: INFORMATION FOR THE USER

Read all of this leaflet carefully before you start taking this medicine.

- 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. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects gets serious or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What REUMOTHERM is and what it is used for
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1. What REUMOTHERM is and what it is used for

REUMOTHERM contains the active substance meloxicam. Meloxicam belongs to a group of medicines called non-steroidal anti-inflammatory drugs (NSAIDs) which are used to reduce inflammation and pain in joints and muscles.

REUMOTHERM is used for the:

- short-term treatment of flare-ups of osteoarthritis
- long-term treatment of rheumatoid arthritis
- ankylosing spondylitis (also known as Bechterew's Disease)

2. Before you take REUMOTHERM

DO NOT take REUMOTHERM IN THE FOLLOWING CIRCUMSTANCES:

- During the last three months of pregnancy
- children and adolescents under 16 years of age
- allergy (hypersensitivity) to meloxicam
- allergy (hypersensitivity) to aspirin or other anti-inflammatory medicines (NSAIDs)
- allergy (hypersensitivity) to any of the other ingredients of REUMOTHERM. (See section 6 "Further information" for a list of other ingredients)
- any of the following signs after taking aspirin or other NSAIDs: - wheezing, chest tightness, breathlessness (asthma) / - nasal blockage due to swellings in the lining in your nose (nasal polyps) / - skin rashes/nettle rash (urticaria) / - sudden skin or mucosal swelling, such as swelling around the eyes, face, lips, mouth or throat, possibly making breathing difficult (angioneurotic oedema)
- after previous therapy with NSAIDs and history of: - bleeding in your stomach or intestines / - holes (perforations) in your stomach or intestines
- ulcers or a bleeding in your stomach or intestines
- recent or history of stomach or peptic ulcers or bleeding (ulceration or bleeding occurring at least twice)
- severely impaired liver function
- non dialysed severe kidney failure
- recent bleeding in the brain (cerebrovascular bleeding)
- any kind of bleeding disorders
- severe heart failure
- intolerance to some sugars as this product contains lactose (see also "Important information about some of the ingredients of REUMOTHERM")

If you are unsure whether any of the above apply to you, please contact your doctor.

Take special care with REUMOTHERM

Warnings: Medicines such as REUMOTHERM may be associated with a small increased risk of heart attack (myocardial infarction) or stroke (apoplexy). Any risk is more likely with high doses and prolonged treatment. Do not take more than the recommended dose. Do not take REUMOTHERM for longer than it is prescribed for you (see section 3 "How to take REUMOTHERM").

If you have heart problems, previous stroke or think that you might be at risk of these conditions, you should discuss your treatment with your doctor or pharmacist.

For example if you:

- have high blood pressure (hypertension)
- have high levels of sugar in the blood (diabetes mellitus)
- have high levels of cholesterol in the blood (hypercholesterolemia)
- are a smoker

If you develop severe allergic reactions, you should discontinue REUMOTHERM at first appearance of skin rash, lesions of soft tissues (mucosal lesions), or any other sign of allergy, and contact your doctor.

Stop your treatment with REUMOTHERM immediately as soon as you notice bleeding (causing tarcoloured stools) or ulceration of your digestive tract (causing abdominal pain).

REUMOTHERM is not appropriate, if you require immediate relief from acute pain.

REUMOTHERM may hide the symptoms of infection (e.g. fever). If you think you may have an infection you should see your doctor.

Precautions for use: As it will be necessary to adjust the treatment, it is important to ask your doctor's advice before you take REUMOTHERM in case of:

- history of inflammation of the gullet (oesophagitis), inflammation of the stomach (gastritis) or a history of any other disease of the digestive tract, e.g. Crohn's Disease or Ulcerative Colitis
- high blood pressure (hypertension)
- older age
- heart, liver or kidney disease
- high levels of sugar in the blood (diabetes mellitus)
- reduced blood volume (hypovolaemia) which may occur if you have a serious blood loss or burn, surgery or low fluid intake
- intolerance to some sugars diagnosed by your doctor as this product contains lactose
- high potassium levels in the blood previously diagnosed by your doctor

Your doctor will need to monitor your progress whilst on treatment.

Taking other medicines: As REUMOTHERM may affect or be affected by other medicines, please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

In particular please tell your doctor or pharmacist if you are taking/have taken, or are using any of the following: - other NSAIDs / - medicines which prevent blood clotting / - medicines which break down blood clots (thrombolytics) / - medicines to treat heart and kidney diseases / - corticosteroids (e.g. used against inflammation or allergic reactions) / - cyclosporin – used after organ transplants, or for severe skin conditions, rheumatoid arthritis or nephrotic syndrome / - any diuretic medicine ("water tablets").

Your doctor may monitor your kidney function: If you are taking diuretics / - medicine to treat high blood pressure (e.g. Beta-blockers) / - lithium – used to treat mood disorders / - selective Serotonin re-uptake inhibitors (SSRIs) – used in the treatment of depression / - methotrexate – used to treat tumours or severe uncontrolled skin conditions and active rheumatoid arthritis / - cholestyramine – used to lower cholesterol levels / - if you are a woman who uses an intrauterine contraceptive device (IUD), usually known as a Coil.

If in doubt, ask your doctor or pharmacist.

Fertility: REUMOTHERM may make it more difficult to become pregnant. You should inform your doctor if you are planning to become pregnant or if you have problems to become pregnant.

Pregnancy: If a pregnancy is established during use of REUMOTHERM, then the doctor is to be notified. During the first 6 months of pregnancy your doctor may punctually prescribe you this medical product if necessary. During the last three months of pregnancy, do not use this product, because REUMOTHERM can have serious effects on your child, in particular cardiopulmonary and renal effects, even with only one administration.

Breast-feeding: This product is not recommended during breast feeding.

Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines: Visual disturbances, including blurred vision, dizziness, drowsiness, vertigo or other central nervous system disturbances may occur with this product. If affected do not drive or operate machinery.

Important information about some of the ingredients of REUMOTHERM

This product contains milk sugar (lactose). If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this medicine.

3. How to take REUMOTHERM

Always take REUMOTHERM exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

The usual dose is:

Flare-ups of osteoarthritis: 7.5 mg (half tablet of REUMOTHERM 15 mg) once a day. This may be increased to 15 mg (one tablet of REUMOTHERM 15 mg) once a day.

Rheumatoid arthritis: 15 mg (one tablet of REUMOTHERM 15 mg) once a day. This may be reduced to 7.5 mg (half tablet of REUMOTHERM 15 mg) once a day.

Ankylosing spondylitis: 15 mg (one tablet of REUMOTHERM 15 mg) once a day. This may be reduced to 7.5 mg (half tablet of REUMOTHERM 15 mg) once a day.

The tablets should be swallowed with water, or another drink, during a meal.

Do not exceed the recommended maximum dose of 15 mg a day.

If any of the statements listed under the heading **"Take special care with REUMOTHERM"** apply to you, your doctor may restrict your dose to 7.5 mg (half tablet of REUMOTHERM 15mg) once a day.

REUMOTHERM should not be given to children and adolescents under 16 years of age.

If you feel that the effect of REUMOTHERM is too strong or too weak, or if after several days you do not feel any improvement in your condition, talk to your doctor or pharmacist.

If you take more REUMOTHERM than you should: Whether you have taken too many tablets or suspect an overdose, contact your doctor or go to your nearest hospital immediately.

Symptoms following acute NSAID overdose are usually limited to:

- lack of energy (lethargy)
- drowsiness
- feeling sick (nausea) and being sick (vomiting)
- pain in the area of the stomach (epigastric pain)

These symptoms generally get better when you stop taking REUMOTHERM. You may start from bleeding of the stomach or intestines (gastrointestinal bleeding).

Severe poisoning may result in serious drug reaction (see section 4.):

- high blood pressure (hypertension)
- acute kidney (renal) failure
- liver (hepatic) dysfunction
- reduction/flattening or standstill of breathing (respiratory depression)
- loss of consciousness (coma)
- seizures (convulsions)
- collapse of the blood circulation (cardiovascular collapse)
- standstill of the heart (cardiac arrest)
- immediate allergic (hypersensitivity) reactions, including:
 - fainting
 - shortness of breath
 - skin reactions

If you forget to take REUMOTHERM: Do not take a double dose to make up for a forgotten dose. Just take the next dose at the usual time. If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, REUMOTHERM can cause side effects, although not everybody gets them. Stop taking REUMOTHERM and consult a doctor or your nearest hospital immediately if you notice:

Any allergic (hypersensitivity) reactions, which may appear in the form of:

- skin reactions, such as itching (pruritus), blistering or peeling of the skin, which can be severe (Steven-Johnson Syndrome and toxic epidermal necrolysis), lesions of soft tissues (mucosal lesions) or erythema multiforme. Erythema multiforme is a serious allergic skin reaction causing spots, red welts or purple or blistered areas. It can also affect the mouth, eyes and other moist body surfaces.

- swelling of skin or mucosa, such as swelling around the eyes, face and lips, mouth or throat, possibly making breathing difficult, swollen ankles or legs (oedema of the lower limbs)

- shortness of breath or asthma attack

- inflammation of the liver (hepatitis). This can cause symptoms such as: - yellowing of the skin or the eyeballs (jaundice) / - pain in the abdomen / - loss of appetite

Any side effects of the digestive tract, especially: - bleeding (causing tar-coloured stools) / - ulceration of your digestive tract (causing abdominal pain)

Bleeding of the digestive tract (gastrointestinal bleeding), formation of ulcers or formation of a hole in the digestive tract (perforation) may sometimes be severe and potentially fatal, especially in elderly. If you have previously suffered from any symptoms of the digestive tract due to long term use of NSAIDs, seek medical advice immediately, especially if you are elderly. Your doctor may monitor your progress whilst on treatment. If affected by visual disturbances do not drive or operate machinery.

General side effects of non-steroidal anti-inflammatory medicines (NSAIDs)

The use of some non-steroidal anti-inflammatory drugs (NSAIDs) may be associated with a small increased risk of occlusion of arterial vessels (arterial thrombotic events), e.g. heart attack (myocardial infarction) or stroke (apoplexy), particularly at high doses and in long term treatment.

Fluid retention (oedema), high blood pressure (hypertension) and heart failure (cardiac failure) have been reported in association with NSAID treatment.

The most commonly-observed side effects affect the digestive tract (gastrointestinal events):

- ulcers of the stomach and upper part of the small bowels (peptic/gastroduodenal ulcers)

- a hole in the wall of the bowels (perforation) or bleeding of the digestive tract (sometimes fatal, particularly in the elderly)

The following side effects have been reported after NSAID administration: - feeling sick (nausea) and being sick (vomiting) / - loose stools (diarrhoea) / - flatulence / - constipation / - indigestion (dyspepsia) / - abdominal pain / - tar-coloured stool due to bleeding in the digestive tract (melaena) / - vomiting of blood (haematemesis) / - inflammation with building of ulcers in the mouth (ulcerative stomatitis) / - worsening of inflammation of the digestive tract (e.g. exacerbation of colitis or Crohn's disease). Less frequently, inflammation of the stomach (gastritis) has been observed.

Side effects of meloxicam – the active substance of REUMOTHERM

Very common: affects more than 1 user in 10: - indigestion (dyspepsia) / - feeling sick (nausea) and being sick (vomiting) / - abdominal pain / - constipation / - flatulence / - loose stools (diarrhoea)

Common: affects 1 to 10 users in 100: - headache

Uncommon: affects 1 to 10 users in 1,000: - dizziness (light-headedness) / - a feeling of dizziness or spinning (vertigo) / - somnolence (drowsiness) / - anaemia (reduction of the concentration of the red blood pigment haemoglobin) / - increase in blood pressure (hypertension) / - flushing (temporary redness of the face and neck) / - sodium and water retention

- increased potassium levels (hyperkalaemia). This can lead to symptoms such as:
- changes to your heartbeat (arrhythmias) / - palpitations (when you feel your heartbeat more than usual) / - muscle weakness / - eructation / - inflammation of the stomach (gastritis) / - bleeding of the digestive tract / - inflammation of the mouth (stomatitis) / - immediate allergic (hypersensitivity) reactions / - itching (pruritus)
- skin rash / - swelling caused by fluid retention (oedema), including swollen ankles/legs (oedema of the lower limbs) / - sudden skin or mucosal swelling, such as swelling around the eyes, face, lips, mouth or throat, possibly making breathing difficult (angioneurotic oedema) / - momentary disturbance of liver function tests (e.g. raised liver enzymes like transaminases or an increase of the bile pigment bilirubin).

Your doctor can detect these using a blood test.

- disturbance of laboratory tests investigating kidney (renal) function (e.g. raised creatinine or urea)

Rare: affects 1 to 10 users in 10,000: - mood disorders / - nightmares / - abnormal blood count, including: - abnormal differential blood count / - decreased number of white blood cells (leucocytopenia) / - decreased number of blood platelets (thrombocytopenia)

These side effects may lead to increased risk of infection and symptoms such as bruising or nosebleeds: - ringing in the ear (tinnitus) / - feeling your heartbeat (palpitations) / - ulcers of the stomach or upper part of the small bowels (peptic / gastroduodenal ulcers) / - inflammation of the gullet (oesophagitis) / - onset of asthma attacks (seen in people who are allergic to aspirin or other NSAIDs) / - severe blistering of the skin or peeling (Stevens-Johnson Syndrome and toxic epidermal necrolysis) / - nettle rash (urticaria) /

- visual disturbances including: - blurred vision / - conjunctivitis (inflammation of the eye ball or eyelids) / - inflammation of the large bowel (colitis)

Very rare: affects less than 1 user in 10,000: - blistering reactions of the skin (bullous reactions) and erythema multiforme.

Erythema multiforme is a serious allergic skin reaction causing spots, red welts or purple or blistered areas. It can also affect the mouth, eyes and other moist body surfaces.

- inflammation of the liver (hepatitis). This can cause symptoms such as: - yellowing of the skin or the eyeballs (jaundice) / - pain of the abdomen / - loss of appetite / - acute failure of the kidneys (renal failure) in particular in patients with risk factors such as heart disease, diabetes or kidney disease. / - a hole in the wall of the bowels (perforation)

Not known: frequency cannot be estimated from the available data: - confusion / - disorientation / - shortness of breath and skin reactions (anaphylactic/anaphylactoid reactions) rashes caused by exposure to sunlight (photosensitivity reactions)

- heart failure (cardiac failure) has been reported in association with NSAID treatment

- complete loss of specific types of white blood cells (agranulocytosis), especially in patients who take REUMOTHERM together with other drugs that are potentially inhibitory, depressant or destructive to a component of the bone marrow (myelotoxic drugs). This can cause: - sudden fever / - sore throat / - infections

Side effects caused by non-steroidal anti-inflammatory medicines (NSAIDs), but not yet seen after taking REUMOTHERM

Changes to the kidney structure resulting in acute kidney failure:

- very rare cases of kidney inflammation (interstitial nephritis)

- death of some of the cells within the kidney (acute tubular or papillary necrosis)

- protein in the urine (nephrotic syndrome with proteinuria)

If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store REUMOTHERM

Keep out of the reach and sight of children. Do not use REUMOTHERM after the expiry date which is stated on the blister strip and outer carton. The expiry date refers to the last day of that month. Store in the original package in order to protect from moisture. Medicines should not be disposed of via wastewater or household waste. Ask a pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Further information

What REUMOTHERM contains:

The active substance is: **Meloxicam**, one tablet contains 15 mg meloxicam.

The other ingredients are: sodium citrate dihydrate, lactose monohydrate, cellulose microcrystalline, polyvidone, silicon dioxide, colloidal crospovidone, magnesium stearate (see also last chapter of section 2)

What REUMOTHERM looks like and contents of the pack: REUMOTHERM is a light yellow, round tablet. Each REUMOTHERM has a score line and can be divided into two equal halves. REUMOTHERM is available in PVC/PVDC/Aluminium blister packs. Pack sizes: packs of 30 tablets (3 blisters of 10 tablets).

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