

DINDEVAN

Phenindione

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions asked about DINDEVAN. It does not contain all the available information about DINDEVAN. It does not take the place of talking to your doctor or pharmacist.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed up the risks of you taking DINDEVAN against the expected benefits.

Keep this leaflet with the medicine.

You may want to read it again later.

What DINDEVAN is used for

DINDEVAN contains an active ingredient called “phenindione”. It helps to prevent blood from excessive clotting, or forming harmful clots. This type of medicine is called an anticoagulant. Some people refer to anticoagulant medicines as “blood thinners”.

Excessive clotting sometimes occurs when physical mobility is low. If excessive clotting is not treated it can lead to serious

health problems such as strokes or heart attacks.

Ask your doctor if you have any questions about why DINDEVAN has been prescribed for you.

Your doctor may have prescribed it for another reason.

There is no evidence that DINDEVAN is addictive.

DINDEVAN is only available with a doctor’s prescription.

Before you take DINDEVAN

When you must not take it

Do not take DINDEVAN if:

1. **you have an allergy to DINDEVAN or any of the ingredients listed at the end of this leaflet.**

Some of the symptoms of an allergic reaction may include an itchy skin rash, fever, difficulty breathing, swelling of the face and tongue, diarrhoea, vomiting and sore throat.

2. **you have liver or kidney problems.**

3. **you have severe high blood pressure.**

4. **you are vomiting blood or material that looks like coffee grounds.**

5. **you are bleeding from the rectum (back passage), have black sticky bowel motions (stools) or bloody diarrhoea.**

6. **you have a peptic ulcer (ie. stomach or duodenal ulcer), a recent history of one or have had peptic ulcers before.**

7. **you have a blood disorder or are a haemophiliac.**

8. **you have had recent surgery or anaesthetics into the back.**

9. **you are having a difficult pregnancy or have previously had a miscarriage.**

10. **you are pregnant or intend to become pregnant.**

DINDEVAN may affect your developing baby if you take it during pregnancy. DINDEVAN may also make you bleed more during childbirth.

11. **you are breastfeeding or intend to breastfeed.**

DINDEVAN passes into breast milk and may affect your baby.

Do not take DINDEVAN if the packaging is torn or shows signs of tampering.

Do not take DINDEVAN if the expiry date (EXP) printed on the pack has passed.

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

If you are not sure whether you should start taking DINDEVAN, contact your doctor.

Before you start to take it

Tell your doctor if:

- **you have heart problems such as heart failure.**
- **you plan to have any surgery including dental work such as a pulled tooth.**
- **you have had blood clots before.**
- **you have recently had or are going to have any injections.**

If you have not told your doctor about any of the above, tell him/her before you take DINDEVAN.

Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you may buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and DINDEVAN may interfere with each other.

These include:

- some antibiotics such as cotrimoxazole
- haloperidol, a medicine used to treat some psychiatric problems
- clofibrate and cholestyramine, medicines used to help reduce cholesterol levels
- hormones such as oral contraceptives (the pill)

and hormone replacement therapy

- Vitamin K
- barbiturates, medicines used for sleeping
- thyroxine, a thyroid replacement medicine
- phenytoin, a medicine used to help control fitting or epilepsy
- aspirin and some non-steroidal anti-inflammatory medicines such as indomethacin.

These medicines may be affected by DINDEVAN or may affect how it DINDEVAN works. You may need different amounts of your medicines or you may need to take different medicines. Your doctor or pharmacist will be able to tell you what to do when taking DINDEVAN with other medicines.

How to take DINDEVAN

How much to take

You should follow your doctor's directions exactly about how much DINDEVAN to take.

Different people require different amounts of DINDEVAN and the dosage is adjusted to suit each person. Your directions should be printed on the pharmacy label.

Sometimes it is necessary to change your anticoagulant medicine from heparin to DINDEVAN, or DINDEVAN to warfarin. Your doctor has information on switching between these medicines.

Follow all directions given to you by your doctor and pharmacist carefully.

These directions may differ from the information contained in this leaflet.

If you do not understand the instructions on the bottle ask your doctor or pharmacist for help.

How to take it

Swallow DINDEVAN with a glass of water.

When to take it

Take DINDEVAN at about the same time each day.

Taking your tablets at the same time each day will have the best effect. It will also help you remember when to take the tablets.

It does not matter if you take DINDEVAN before or after food.

How long to take it

DINDEVAN helps to prevent your blood from clotting. Therefore DINDEVAN must be taken every day. Your doctor will continue to prescribe DINDEVAN to you while there is a risk of excessive clotting.

Do not stop taking DINDEVAN or reduce your dose unless your doctor advises you to do so.

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 your tablets as you would normally.

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

If you are not sure what to do, ask your doctor or pharmacist.

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

If you take too much (overdose)

Immediately telephone your doctor or Poisons Information Centre (telephone 13 11 26), or go to casualty at your nearest hospital, if you think that you or anyone else may have taken too much DINDEVAN.

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

Possible signs of taking too much DINDEVAN include bleeding. Blood may be seen in the urine or stools. Abnormal bruising or abnormal menstrual bleeding (periods) may also be experienced.

While you are taking DINDEVAN

Things you must do

If you become pregnant while taking DINDEVAN tell your doctor immediately.

If you are about to be started on any new medicine tell your

doctor and pharmacist that you are taking DINDEVAN.

Tell all the doctors, dentists and pharmacists that are treating you that you are taking DINDEVAN.

It is recommended that you also carry identification stating that you are taking DINDEVAN.

If you are going to have surgery, tell your doctor you are taking DINDEVAN.

Keep all of your appointments for blood tests so that the effect of DINDEVAN can be checked.

Things you must not do

Do not start or stop any other medicines while you are taking DINDEVAN unless you have discussed this with your doctor.

This includes medicines you can buy without a prescription from a pharmacy, supermarket or health food shop.

Do not take DINDEVAN to treat any complaint other than that directed by your doctor.

It may not be safe to take DINDEVAN for another complaint.

Do not give DINDEVAN to anyone else, even if their symptoms seem similar.

It may not be safe for another person to take DINDEVAN.

Things to be careful of

Be careful when drinking alcohol while you are taking this medicine.

Alcohol may increase the effects of DINDEVAN.

Side Effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking DINDEVAN, even if you do not think the problem is connected with DINDEVAN or it is not listed in this leaflet.

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

Early notification to your doctor about such effects can help to prevent more serious complications by allowing for prompt adjustments in your DINDEVAN therapy.

If you are a women over 60 years of age you may have an increased chance of getting side effects.

Tell your doctor immediately if you notice any of the following:

- skin rash
- fever
- diarrhoea
- vomiting
- sore throat
- bruising
- blood in the urine
- nosebleeds
- bleeding from the gums after brushing
- vomiting blood or material that looks like coffee grounds
- increased menstrual flow or heavier periods
- bleeding or bruising more easily than normal
- prolonged bleeding from cuts

These can be serious side effects. You may need urgent medical attention.

DINDEVAN can turn your urine a red colour. You need to tell your doctor immediately so that they can test the urine to make sure that there is no blood in it.

Tell your doctor if you notice anything else that is making you feel unwell.

Other side effects not listed above may also occur in some patients.

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

After using DINDEVAN

Storage

Keep your tablets in the bottle until it is time to take them.

If you take the tablets out of the bottle they will not keep well.

Keep the tablets in a cool dry place where the temperature stays below 30°C.

Do not store DINDEVAN or any other medicine in the 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 DINDEVAN or the tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.

Product Description

What it looks like

DINDEVAN tablets are creamy-white. They are scored and marked 'D10' on one side and are plain on the other side.

Ingredients

Each tablet contains 10 mg of phenindione.

The other ingredients in DINDEVAN are:

- maize starch
- lactose
- citric acid - anhydrous
- magnesium stearate

DINDEVAN does not contain gluten, sucrose, tartrazine or any other azo dyes.

Supplier

DINDEVAN is distributed in Australia by:

Sigma Pharmaceuticals
(Australia) Pty Ltd
(ACN 004 118 594)
96 Merrindale Drive
Croydon Victoria 3136
Australia

DINDEVAN Australian registration number is:
AUST R 12502.

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