

Naltrexone Capsule

Active Ingredient

Naltrexone

What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

What it is used for

This medication contains the active ingredient Naltrexone. Naltrexone is an opiate antagonist. It is used in Australia in high doses (50mg) to help reduce cravings in patients with alcohol dependence.

However, research from other countries like the USA has shown that Naltrexone in low doses is potentially useful as an anti-inflammatory treatment by working on the immune system. Therefore, it may be useful in helping to treat chronic pain conditions associated with inflammatory processes and autoimmune diseases.

Only take this medication for the condition your doctor has prescribed it.

Before you take Naltrexone

When you must NOT take it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly
- If you have problems with your liver that your doctor is not aware of.

Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions or take any other medications, especially pain killers.

How to take Naltrexone

How much to take

Please take this medication as directed by your doctor or pharmacist. Refer to the directions on the product label if required. Currently, there is no clinical guidelines for the use of low dose Naltrexone for chronic pain and inflammation. However, doses commonly used in published research vary between 1.5mg to 4.5mg, given 1 hour before bedtime.

How to take it

Swallow the capsule whole with a glass of water, with or without food. It generally takes around 1-2 months before seeing any effect.

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 as normal. **Do not take two doses to make up for a dose you missed.**

How to report side effects

If you experience any adverse experiences from this medication, you should report it via:

- Visiting www.tga.gov.au/reporting-problems
- Call Adverse Medicine Events Line on 1300 134 237

If it is an EMERGENCY call the Poisons Information Centre on 13 11 26 or call 000.

Side effects

Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.

As Naltrexone is normally taken at much higher doses, the side effects of low dose Naltrexone are not fully known. Some effects reported include:

- More vivid dreams, especially when starting treatment
- Headaches
- Instances of increased anxiety and tachycardia (fast heart rate).

Storage

Expires 6 months after preparation. Store your medication unrefrigerated in a cool, dry place that is below 25°C.

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