

Patient Information Leaflet
Dicloren Tablets
Diclofenac Sodium 50mg

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 medicine 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.

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a. What Dicloren Tablets is and what it is used for

Diclofenac sodium is the active ingredient in Dicloren Tablets, is one of a group of medicines called non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs reduce pain and inflammation. Dicloren Tablets relieve pain, reduce swelling and ease inflammation in conditions affecting the joints, muscles and tendons including:

- Rheumatoid arthritis, osteoarthritis, acute gout (painful inflammation of the joints especially in the feet and hands), ankylosing spondylitis (form of spinal arthritis).
- Backache, sprains and strains, soft tissue sports injuries, frozen shoulder, dislocations and fractures
- Conditions affecting the tendons for example, tendonitis, tenosynovitis, bursitis.

They are also used to treat pain and inflammation associated with dental and minor surgery.

b. What you need to know Before you take Dicloren Tablets

Do not take Dicloren Tablets

If you are allergic to diclofenac sodium, aspirin, ibuprofen or any other NSAID, or to any of the other ingredients of this medicine (listed in section f). Signs of a hypersensitivity reaction include swelling of the face and mouth (angioedema), breathing problems, chest pain, runny nose, skin rash or any other allergic type reaction.

- If you have now, or have ever had, two or more distinct episodes of stomach (gastric) or duodenal (peptic) ulcer, or bleeding in the digestive tract (this can include blood in vomit, bleeding when emptying bowels, fresh blood in faeces or black, tarry faeces)
- If you have had stomach or bowel problems after you have taken other NSAIDs
- If you have heart, kidney or liver failure

- If you have established heart disease and/or cerebrovascular disease, e.g. if you have had a heart attack, stroke, mini-stroke (TIA) or blockages to blood vessels to the heart or brain or an operation to clear or bypass blockages.
- If you have or have had problems with your blood circulation (peripheral arterial disease).
- If you are more than six months pregnant

Warnings and precautions

Talk to your doctor or pharmacist before taking Dicloren Tablets:

- If you suffer from any stomach or bowel disorders including ulcerative colitis or Crohn's disease
- If you have kidney or liver problems, or you are elderly
- If you have a condition called porphyria
- If you suffer from any blood or bleeding disorder. If you do, your doctor may ask you to go for regular check-ups while you are taking these tablets.
- If you ever had asthma, seasonal allergic rhinitis, swelling of the nasal mucosa (nasal polyps), chronic pulmonary diseases or infections of the respiratory tract.
- If you are breast feeding
 - If you have angina, blood clots, high blood pressure, raised cholesterol or raised triglycerides
 - you have heart problems or if you had a stroke or you think you might be at risk of these conditions (for example, if you have high blood pressure, diabetes or high cholesterol or are a smoker)
 - If you have diabetes
 - If you smoke
 - If you have Systemic Lupus Erythematosus SLE (inflammatory, auto-immune disorder which causes symptoms such as joint pain, joint inflammation, skin rashes, fever) or any similar condition

Tell your doctor if you recently had or you are going to have a surgery of the stomach or intestinal tract before taking Dicloren Tablets, as Diclofenac can sometimes worsen wound healing in your gut after surgery.

Tell your doctor or pharmacist if you have any of these conditions because Dicloren Tablets might not be the right medicine for you.

Children

Other medicines and Dicloren Tablets

Some medicines can interfere with your treatment. Please tell your doctor or pharmacist if you are taking any of the following:

- Medicines to treat diabetes
- Anticoagulants (blood thinning tablets like warfarin)
- Diuretics (water tablets)
- Lithium (used to treat some mental problems)
- Methotrexate (for treatment of some inflammatory diseases and some cancers)
- Ciclosporin and tacrolimus (used to treat some inflammatory diseases and after transplants)
- Trimethoprim (a medicine used to prevent or treat urinary tract infections)
- Quinolone antibiotics (for infections)
- Any other NSAID or COX-2 (cyclo-oxygenase-2) inhibitor, for example aspirin or ibuprofen

- Mifepristone (a medicine used to terminate pregnancy)
- Cardiac glycosides (for example digoxin), used to treat heart problems
- Medicines known as SSRIs (used to treat depression)
- Oral steroids (an anti-inflammatory drug)
- Medicines used to treat heart conditions or high blood pressure, for example beta blockers or ACE inhibitors
- Voriconazole (a medicine used to treat fungal infections).
- Phenytoin (a medicine used to treat seizures)
- Colestipol/cholestyramine (used to lower cholesterol)

Always tell your doctor or pharmacist about all the medicines you are taking. This means medicines you have bought yourself as well as medicines on prescription from your doctor.

Dicloren Tablets with food and drink

Take this medicine with or after food.

Pregnancy, breast-feeding and fertility

- Do not take Dicloren Tablets if you are in the last 3 months of pregnancy as it could harm your unborn child or cause problems at delivery. It can cause kidney and heart problems in your unborn baby. It may affect your and your baby's tendency to bleed and cause labour to be later or longer than expected. You should not take Dicloren Tablets during the first 6 months of pregnancy unless absolutely necessary and advised by your doctor. If you need treatment during this period or while you are trying to get pregnant, the lowest dose for the shortest time possible should be used. If taken for more than a few days from 20 weeks of pregnancy onward, Dicloren Tablets can cause kidney problems in your unborn baby that may lead to low levels of amniotic fluid that surrounds the baby (oligohydramnios) or narrowing of a blood vessel (ductus arteriosus) in the heart of the baby. If you need treatment for longer than a few days, your doctor may recommend additional monitoring.
- You should advise your doctor or pharmacist if you think you might be pregnant or are up to 6 months pregnant.
- Taking Dicloren Tablets may make it more difficult to become pregnant. You should talk to your doctor if you are planning to become pregnant, or if you have problems getting pregnant.
- You should avoid taking Dicloren Tablets while breast feeding.

Driving and using machines

Very occasionally people have reported that Dicloren Tablets have made them feel dizzy, tired or sleepy. Problems with eyesight have also been reported. If you are affected in this way, you should not drive or operate machinery.

Other special warnings

- You should take the lowest effective dose of Dicloren Tablets for the shortest possible time particularly if you are underweight or elderly.
- There is a small increased risk of heart attack or stroke when you are taking any medicine like Dicloren Tablets. The risk is higher if you are taking high doses for a long time. Always follow the doctor's instructions on how much to take and how long to take it for.

- If at any time while taking Dicloren Tablets you experience any signs or symptoms of problems with your heart or blood vessels such as chest pain, shortness of breath, weakness or slurring of speech, contact your doctor immediately.
- Whilst you are taking these medicines your doctor may want to give you a check-up from time to time.
- If you have a history of stomach problems when you are taking NSAIDs, particularly if you are elderly, you must tell your doctor straight away if you notice any unusual symptoms.
- Because it is an anti-inflammatory medicine, Dicloren Tablets may reduce the symptoms of infection, for example, headache, and high temperature. If you feel unwell and need to see a doctor, remember to tell him or her that you are taking Dicloren Tablets.

Dicloren Tablets contains lactose:

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

c. How to take Dicloren Tablets

The doctor will tell you how many Dicloren Tablets to take and when to take them. Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Take the tablets with or after food.

Swallow the tablets whole with a glass of water. **DO NOT** crush or chew the tablets.

The recommended dose is:

Adults 75 to 150 mg daily in two or three divided doses. The number of tablets which you take will depend on the strength the doctor has given you.

Children

1-3 mg/kg daily in divided doses.

If you take more Dicloren Tablets than you should

If you, or anyone else, accidentally take too much Dicloren Tablets, tell your doctor or go to your nearest hospital casualty department immediately. Take your medicine pack with you so that people can see what you have taken.

Symptoms of an overdose can include: headache, nausea (feeling sick), vomiting, abdominal pain, stomach or intestinal bleeding, rarely diarrhoea, disorientation, excitation, coma, drowsiness, dizziness, ringing in the ears, fainting, or occasionally convulsions (seizures, uncontrolled fits).

If you forget to take Dicloren Tablets

It is important that you do not miss a dose. If you forget to take a dose, take one as soon as you remember. If it is nearly time for your next dose, just take the next dose and forget about the one you missed. Do not take a double dose to make up for a forgotten tablet. Do not take more than 150 mg in 24 hours. If you have trouble remembering to take the tablets, tell your doctor or pharmacist.

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

d. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Some side effects can be serious

Stop taking Dicloren Tablets and tell your doctor straight away if you notice:

- Sudden and crushing chest pain (signs of myocardial infarction or heart attack)
- Breathlessness, difficulty breathing when lying down, swelling of the feet or legs (signs of heart failure)
- Sudden weakness or numbness in the face, arm or leg especially on one side of the body, sudden loss or disturbance of vision; sudden difficulty in speaking or ability to understand speech; sudden migraine-like headaches which happen for the first time, with or without disturbed vision. These symptoms can be an early sign of a stroke.
- Stomach pain, indigestion, heartburn, wind, nausea (feeling sick) or vomiting (being sick)
- Any sign of bleeding in the stomach or intestine, for example, when emptying your bowels, blood in vomit or black, tarry faeces
- Allergic reactions which can include skin rash, itching, bruising, painful red areas, peeling or blistering
- Wheezing or shortness of breath (bronchospasm)
- Swollen face, lips, hands or fingers
- Yellowing of your skin or the whites of your eyes
- Persistent sore throat or high temperature
- An unexpected change in the amount of urine produced and/or its appearance.
- Mild cramping and tenderness of the abdomen, starting shortly after the start of the treatment with Diclofenac Sodium and followed by rectal bleeding or bloody diarrhea usually within 24 hours of the onset of abdominal pain.
- Stevens Johnson syndrome (serious illness with blistering of the skin, mouth, eyes and genitals)

If you notice that you are bruising more easily than usual or have frequent sore throats or infections, tell your doctor.

Tell your doctor immediately if you notice the following:

- Chest pain, which can be a sign of a potentially serious allergic reaction called Kounis syndrome

The side effects listed below have also been reported.

Common (may affect up to 1 in 10 people):

- Stomach pain, heartburn, nausea, vomiting, diarrhea, indigestion, wind, loss of appetite
- Headache, dizziness, vertigo
- Skin rash or spots
- Raised levels of liver enzymes in the blood

Uncommon (may affect up to 1 in 100 people):

- Fast or irregular heart beat (palpitations), chest pain, heart disorders, including heart attack or breathlessness, difficulty breathing when lying down, or swelling of the feet or legs (signs of heart failure), especially if you have been taking a higher dose (150 mg per day) for a long period of time.

Rare (may affect up to 1 in 1,000 people):

- Stomach ulcers or bleeding (there have been very rare reported cases resulting in death, particularly in the elderly)
- Gastritis (inflammation, irritation or swelling of the stomach lining)
- Vomiting blood
- Diarrhoea with blood in it or bleeding from the back passage
- Black, tarry faeces or stools
- Drowsiness, tiredness
- Skin rash and itching
- Fluid retention, symptoms of which include swollen ankles
- Liver function disorders, including hepatitis and jaundice
- Asthma (symptoms may include wheezing, breathlessness, coughing and a tightness across the chest)

Very rare (may affect up to 1 in 10,000 people):

Effects on the nervous system:

Inflammation of the lining of the brain (meningitis), tingling or numbness in the fingers, tremor, visual disturbances such as blurred or double vision, taste changes, hearing loss or impairment, tinnitus (ringing in the ears), sleeplessness, nightmares, mood changes, depression, anxiety, irritability, mental disorders, disorientation and loss of memory, fits, headaches together with a dislike of bright lights, fever and a stiff neck.

Effects on the stomach and digestive system:

Constipation, inflammation of the tongue, mouth ulcers, inflammation of the inside of the mouth or lips, lower gut disorders (including inflammation of the colon or worsening of ulcerative colitis or Crohn's disease), inflammation of the pancreas.

Effects on the chest or blood:

Hypertension (high blood pressure), hypotension (low blood pressure, symptoms of which may include faintness, giddiness or light headedness), inflammation of blood vessels (vasculitis), inflammation of the lung (pneumonitis), blood disorders (including anaemia).

Effects on the liver or kidneys:

Kidney or severe liver disorders including liver failure, presence of blood or protein in the urine

Effects on skin or hair:

Facial swelling, serious skin rashes including Stevens-Johnson syndrome, Lyell's syndrome and other skin rashes which may be made worse by exposure to sunlight.

Hair loss

Effects on the reproductive system:

Impotence

Other side effects that have also been reported with unknown frequency include:

Throat disorders, confusion, hallucinations, malaise (general feeling of discomfort), inflammation of the nerves in the eye, disturbances of sensation.

Medicines such as diclofenac may be associated with a small increased risk of heart attack or stroke.

Do not be alarmed by this list - most people take Dicloren Tablets without any problems.

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

e. How to store Dicloren Tablets

Do not store above 30°C. Protect from light. Keep out of reach of children.

Do not use this medicine after the expiry date which is stated on the carton after 'EXP'.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away any medicines you no longer use. These measures will help protect the environment.

f. Further information

What Dicloren Tablets contain

Each enteric coated tablet contains Diclofenac Sodium BP 50 mg

The other ingredients are Lactose, Microcrystalline cellulose, Povidone K30, Maize starch, Sodium starch glycollate, Magnesium stearate, Cross Povidone, Novomix ENT 04-39041 Brown.

What Dicloren Tablets look like and contents of the pack

Dicloren Tablets: Round biconvex shaped reddish brown coloured coated tablets, plain on both sides.

Dicloren Tablets: Aluminium/PVC blister strip of 10 tablets and 10 of such blister strips are packed in a unit box with pack insert.

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A milestone to Golden Health