

## **CINARIN®** **75 mg Capsules**

**Dear patient,**

**Please read the following instructions carefully. They contain important information about the use of this medicine. If you have any further questions, please ask your doctor or pharmacist.**

### **Information about CINARIN**

Each CINARIN capsule for oral administration contains 75 mg cinnarizine.

Cinnarizine is a piperazine derivative with antihistamine, sedative, and calcium-channel blocking activity. Cinnarizine has been shown to be a non-competitive antagonist of the smooth muscle contractions caused by various vasoactive agents.

Cinnarizine also acts on vascular smooth muscle by selectively inhibiting the calcium influx into depolarized cells, thereby reducing the availability of free Ca<sup>2+</sup> ions for the induction and maintenance of contraction. Cinnarizine therefore prevents the muscle cells contracting, resulting in widening of the blood vessels. This improves blood circulation in peripheral arterial diseases such as Raynaud's disease (where arteries in the extremities are narrowed). It relieves the pain associated with these diseases by increasing the flow of blood and oxygen to the tissues in the extremities (hands, feet).

Cinnarizine inhibits stimulation of the vestibular center.

CINARIN is indicated in the following conditions:

- Symptomatic treatment of nausea, vertigo, dizziness, and tinnitus (buzzing or ringing in the ears) caused by Ménière's disease and other vestibular disorders
- Migraine prophylaxis
- Prevention and treatment of motion sickness
- Management of various peripheral vascular disorders; Raynaud's phenomenon, intermittent claudication, acrocyanosis (persistent blue discoloration of the skin), trophic disturbances, trophic and varicose ulcers, paraesthesia, nocturnal cramps, cold extremities
- Management of cerebrovascular disorders including dizziness, tinnitus, vascular headache, unsociability and irritability disorders, loss of memory and lack of concentration

### **The way to take CINARIN**

Take CINARIN as directed by your physician. Do not discontinue the treatment without consulting your doctor.

Dosage and duration of treatment are individualized and adjusted according to the condition under treatment.

CINARIN should preferably be taken after meals.

The usual recommended doses are:

<b>Indication</b>	<b>Dose</b>
Vertigo and vestibular disorders	75 mg (1 capsule) once or twice daily
Cerebrovascular disorders	75 mg (1 capsule) 1 to 3 times daily
Peripheral vascular disorders	75 mg (1 capsule) 2 or 3 times daily

The maximum recommended dosage should not exceed 225 mg (3 capsules of 75 mg) daily.

### **In case of overdose**

In case of intake of high doses of this medication, inform your doctor at once and seek emergency medical attention. General measures should be adopted.

### **In case of missed dose**

If you miss a dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

### **Contraindications**

This drug is contraindicated in case of history of hypersensitivity to any of the components.

**Precautions**

- In patients with Parkinson's disease, this drug should only be given if advantages outweigh the possible risk of aggravating this disease.
- This drug must be used with caution in elderly patients and in patients with hypotension, porphyria, hepatic or renal impairment.
- Caution should be taken when driving a car or operating machinery since drowsiness may occur especially at the start of treatment.
- Inform your doctor before using this medication in case of pregnancy or lactation. It is recommended to avoid using this medication during pregnancy or lactation.

**Associations with other medications**

Please inform your doctor if other medicines are being taken or have been taken recently. This drug may enhance the sedative effect of central nervous system depressants including alcohol, barbiturates, hypnotics, narcotic analgesics, tricyclic antidepressants, sedatives and tranquillizers.

**Adverse reactions**

The most reported adverse reactions include drowsiness and gastrointestinal disturbances (such as diarrhea, constipation, nausea, vomiting or abdominal pain). These are usually transient.

Rarely reported adverse reactions include fatigue, headache, dry mouth, perspiration, weight gain, extrapyramidal symptoms, hypersensitivity reactions, and jaundice.

Inform your doctor if any side effect appears or becomes bothersome.

**Storage**

Store at controlled room temperature (up to 30°C), protected from light and humidity, beyond the reach of children.

The expiry date is printed on the pack; don't use this medicine after this date.

**Pack Presentation**

CINARIN, cinnarizine 75 mg, pack of 30 capsules

**Revision date: 07/2006**

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