

## PACKAGE LEAFLET: INFORMATION FOR THE USER

### Modafinil Bluefish 100 mg Tablets Modafinil Bluefish 200 mg Tablets

#### Modafinil

**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, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

#### **What is in this leaflet:**

1. What Modafinil Bluefish is and what it is used for
2. What you need to know before you take Modafinil Bluefish
3. How to take Modafinil Bluefish
4. Possible side effects
5. How to store Modafinil Bluefish
6. Contents of the pack and other information

#### **1. What Modafinil Bluefish is and what it is used for**

The active ingredient in the tablets is modafinil.

Modafinil Bluefish can be taken by adults who suffer from narcolepsy to help them to stay awake. Narcolepsy is a condition that causes excessive daytime sleepiness and a tendency to fall asleep suddenly in inappropriate situations (sleep attacks). Modafinil Bluefish may improve your narcolepsy and reduce the likelihood that you will have sleep attacks but there may still be other ways that you can improve your condition and your doctor will advise you.

#### **2. What you need to know before you take Modafinil Bluefish**

##### **Do not take Modafinil Bluefish**

- If you are **allergic** to modafinil, or to any of the other ingredients of this medicine (listed in section 6).
- If you have an **irregular heartbeat**.
- If you have **uncontrolled, moderate to severe high blood pressure** (hypertension).

##### **Warnings and precautions**

Talk to your doctor or pharmacist before taking Modafinil Bluefish if you

- Have any **heart problems** or **high blood pressure**. Your doctor will need to check these regularly while you are taking Modafinil Bluefish.
- Have ever had **depression, low mood, anxiety, psychosis** (loss of contact with reality) or **mania** (over-excitement or feeling of extreme happiness) or **bipolar disorder** because Modafinil Bluefish may make your condition worse.
- Have **kidney** or **liver problems** (because you will need to take a lower dose).
- Have had **alcohol** or **drug problems** in the past.

### Other things to talk to your doctor or pharmacist about

- Some people have reported having **suicidal** or **aggressive thoughts** or **behaviour** while taking this medicine. **Tell your doctor straight away** if you notice that you are becoming **depressed**, **feel aggressive or hostile** towards other people or have **suicidal thoughts** or other changes in your behaviour (see section 4). You may want to consider asking a family member or close friend to help you look out for signs of depression or other changes in your behaviour.
- This medicine has the potential for you to become reliant (dependent) on it after long-term use. If you need to take it for a long time your doctor will check regularly that it is still the best medicine for you.

### Children and adolescents

**Children aged less than 18 years should not take this medicine.**

### Other medicines and Modafinil Bluefish

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without prescription.

Modafinil and certain other medicines can affect each other and your doctor may need to adjust the doses that you are taking. It is especially important if you are taking any of the following medicines as well as Modafinil Bluefish:

- Hormonal **contraceptives** (including the contraceptive pill, implants, intrauterine devices (IUDs) and patches). You will need to consider other birth control methods while taking Modafinil Bluefish, and for two months after stopping treatment, because Modafinil Bluefish reduces their effectiveness.
- **Omeprazole** (for acid reflux, indigestion or ulcers).
- Antiviral medicines to treat HIV infection (protease inhibitors e.g. indinavir or ritonavir).
- **Ciclosporin** (used to prevent organ transplant rejection, or for arthritis or psoriasis).
- Medicines for **epilepsy** (e.g. carbamazepine, phenobarbital or phenytoin).
- Medicines for **depression** (e.g. amitriptyline, citalopram or fluoxetine) or **anxiety** (e.g. diazepam).
- Medicines for thinning the blood (e.g. **warfarin**). Your doctor will monitor your blood clotting times during treatment.
- Calcium channel blockers or beta-blockers for **high blood pressure** or heart problems (e.g. amlodipine, verapamil or propranolol).
- Statin medicines for lowering **cholesterol** (e.g. atorvastatin or simvastatin).

### Pregnancy and breast feeding

If you are pregnant or breast feeding, think you may be pregnant, or are planning to have a baby, you should not take Modafinil Bluefish.

Modafinil Bluefish tablet is suspected to cause birth defects if taken during pregnancy. Talk to your doctor about the birth control methods that will be right for you while you are taking Modafinil Bluefish (and for two months after stopping) or if you have any other concerns.

### Driving and using machines

Modafinil Bluefish can cause blurred vision or dizziness in up to 1 in 10 people. If you are affected or you find that while using this medication you still feel very sleepy, do not attempt to drive or operate machinery.

### **Modafinil Bluefish contains lactose**

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

This medicine contains less than 1 mmol sodium (23 mg) per dose, that is to say essentially 'sodium-free'.

### **3. How to take Modafinil Bluefish**

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Tablets should be swallowed whole with water.

#### Adults

The recommended dose is 200 mg a day. This can be taken once daily (in the morning) or divided into two doses a day (100 mg in the morning and 100 mg at midday).

Your doctor in some cases may decide to increase your daily dose up to 400 mg.

#### Elderly patients (over 65 years of age)

The recommended dose is 100 mg a day.

Your doctor will only increase your dose (up to the maximum 400 mg a day) provided that you do not have any liver or kidney problems

#### Adults with severe kidney and liver problems

The recommended dose is 100 mg a day.

Your doctor will review your treatment regularly to check that it is right for you.

### **If you take more Modafinil Bluefish than you should**

If you take too many tablets you may feel sick, restless, disorientated, confused, agitated, anxious or excited. You may also have difficulty sleeping, diarrhoea, hallucinations (sensing things that are not real), chest pain, a change in the speed of your heart beat or an increase in blood pressure.

Contact your nearest hospital casualty department or tell your doctor or pharmacist immediately. Take this leaflet and any remaining tablets with you.

### **If you forget to take Modafinil Bluefish**

If you forget to take your medicine take the next dose at the usual time. Do not take a double dose to make up for a forgotten dose.

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

### **4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them. Stop taking this medicine and **tell your doctor straight away** if

- You have sudden difficulty breathing or wheeziness or your face, mouth or throat begins to swell.

- You notice a skin rash or itching (especially if it affects your whole body). Severe rashes may cause blistering or peeling of the skin, ulcers in your mouth, eyes, nose or genitals. You may also have a high temperature (fever) and abnormal blood test results.
- You feel any change in your mental health and wellbeing. The signs may include:
  - mood swings or abnormal thinking
  - aggression or hostility
  - forgetfulness or confusion
  - feeling of extreme happiness
  - over-excitement or hyperactivity
  - anxiety or nervousness
  - depression, suicidal thoughts or behaviour
  - agitation or psychosis (a loss of contact with reality which may include delusions or sensing things that are not real), feeling detached or numb, or personality disorder

Other side effects include the following:

**Very common** side effects (may affect more than 1 in 10 people):

- Headache

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

- Dizziness
- Sleepiness, extreme tiredness or difficulty sleeping (insomnia)
- Awareness of your heart beat, which may be faster than normal
- Chest pain
- Flushing
- Dry mouth
- Loss of appetite, feeling sick, stomach pain, indigestion, diarrhoea or constipation
- Weakness, Numbness or tingling of the hands or feet ('pins and needles')
- Blurred vision
- Abnormal blood test results showing how your liver is working (increased liver enzymes)
- Irritability

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

- Back pain, neck pain, muscle pain, muscle weakness, leg cramps, joint pain, twitching or tremor
- Vertigo (spinning sensation)
- Difficulty moving muscles smoothly or other movement problems, muscle tension, coordination problems
- Hayfever symptoms including itchy/runny nose or watery eyes
- Increased cough, asthma or shortness of breath
- Skin rash, acne or itchy skin
- Sweating
- Changes in blood pressure (high or low), abnormal heart trace (ECG), and irregular or unusually slow heart beat
- Difficulty swallowing, swollen tongue or mouth ulcers
- Excess wind, reflux (bringing back fluid from the stomach), increased appetite, weight changes, thirst or taste alteration
- Being sick (vomiting)
- Migraine

- Speech problems
- Diabetes with increased blood sugar
- High blood cholesterol
- Swollen hands and feet
- Disrupted sleep or abnormal dreams
- Loss of sex drive
- Nose bleed, sore throat or inflamed nasal passages (sinusitis)
- Abnormal vision or dry eyes
- Abnormal urine or more frequent urination
- Abnormal periods
- Abnormal blood test results showing that the numbers of your white blood cells have changed
- Restlessness with increased body movement

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly to HPRRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517; Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

### **5. How to store Modafinil Bluefish**

Keep this medicine out of the sight and reach of children.

Do not take this medicine after the expiry date which is stated on the blister and the carton after 'Exp'. The expiry date refers to the last day of that month.

This medicine does not require any special storage conditions.

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

### **6. Contents of the pack and other information**

#### **What Modafinil Bluefish contains**

The active substance is modafinil.

Each Modafinil Bluefish 100 mg tablet contains 100 mg of modafinil.

Each Modafinil Bluefish 200 mg tablet contains 200 mg of modafinil.

The other ingredients (excipients) are: lactose monohydrate, crospovidone (E1202), lactose, povidone K30 (E1201), silica colloidal anhydrous (E551), sodium stearyl fumarate and talc (E553b).

#### **What Modafinil Bluefish looks like and the contents of the pack**

Modafinil Bluefish 100 mg: white to off-white, 12.65 mm x 5.55 mm capsule shaped tablet embossed with '100'.

Modafinil Bluefish 200 mg: white to off-white, 16 mm x 7mm capsule shaped tablet embossed with '200'.

Modafinil Bluefish 100 mg is available in white opaque PVC/PVDC/aluminium or white opaque PVC/PE/PCTFE/aluminium blister packs of 20, 30, 50, 60, 90 or 100 tablets.

Modafinil Bluefish 200 mg is available in white opaque PVC/PVDC/aluminium or white opaque PVC/PE/PCTFE/aluminium blister packs of 20, 30, 50 or 100 tablets.

Not all pack sizes may be marketed.

### **Marketing Authorisation Holder and Manufacturer**

#### **Marketing Authorisation Holder**

Bluefish Pharmaceuticals AB, P.O. Box 49013, 100 28 Stockholm, Sweden

#### **Manufacturers**

Chanelle Medical Unlimited Company, Loughrea, Co. Galway, Ireland.

Sandoz A/S, Edvard Thomsens Vej 14, 2300 Copenhagen S, Denmark

Glenmark Arzneimittel GmbH, Industriestr. 31, Gröbenzell, Bayern, 82194 , Germany

Novartis Pharma GmbH, Roonstrasse 25, 90429 Nürnberg, Germany.

Novartis Farmacéutica S.A., Gran Vía de les Corts Catalanes 764, Barcelona, 08013 Barcelona, Spanien.

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