

Summary of Product Characteristics

1 NAME OF THE MEDICINAL PRODUCT

Zanaflex 2 mg Tablets

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Each tablet contains 2 mg of tizanidine (as hydrochloride).

Excipient(s) with known effect

Each tablet contains 57.910 mg of lactose, anhydrous.

For the full list of excipients, see section 6.1.

3 PHARMACEUTICAL FORM

Tablet.

White to off-white, biconvex, round, tablets, 6 mm in diameter, debossed "T2" on one side and score line on the other.

The score line is only to facilitate breaking for ease of swallowing and not to divide into equal doses.

4 CLINICAL PARTICULARS

4.1 Therapeutic Indications

Treatment of spasticity associated with multiple sclerosis or with spinal cord injury or disease.

4.2 Posology and method of administration

Posology

The effect of tizanidine on spasticity is maximal within 2-3 hours of dosing and it has a relatively short duration of action. The timing and frequency of dosing should therefore be tailored to the individual, and tizanidine should be given in divided doses, up to 3-4 times daily, depending on the patient's needs. There is considerable variation in response between patients so careful titration is necessary. Care should be taken not to exceed the dose producing the desired therapeutic effect.

It is usual to start with a single dose of 2 mg increasing by 2 mg increments at no less than half-weekly intervals. The optimum therapeutic response is generally achieved with a daily dose of between 12 and 24 mg, administered in 3 or 4 equally spaced doses. Single doses should not exceed 12 mg. The total daily dose should not exceed 36 mg.

Adverse events (see section 4.8) may occur at therapeutic doses but these can be minimised by slow titration so that in the large majority of patients they are not a limiting factor.

Discontinuing therapy

If therapy needs to be discontinued, particularly in patients who have been receiving high doses for long periods, the dose should be decreased slowly (see section 4.4).

Elderly

Experience in the elderly is limited and use of tizanidine is not recommended unless the benefit of treatment clearly outweighs the risk. Pharmacokinetic data suggest that renal clearance in the elderly may be decreased by up to three fold.

Paediatric population

Experience with tizanidine in patients under the age of 18 years is limited. Tizanidine is not recommended for use in this population.

Renal impairment

In patients with renal insufficiency (creatinine clearance < 25 ml/min) treatment should be started with 2 mg once daily with slow titration to achieve the effective dose. Dosage increases should be in increments of no more than 2 mg according to tolerability and effectiveness. It is advisable to slowly increase the once-daily dose before increasing the frequency of administration. Renal function should be monitored as appropriate in these patients (see section 4.4).

Hepatic impairment

Tizanidine is contraindicated in patients with significantly impaired hepatic function (see sections 4.3 and 4.4).

Method of administration

For oral use.

Tizanidine can be taken with or without food.

4.3 Contraindications

Hypersensitivity to the active substance or to any of the excipients listed in section 6.1

The use of tizanidine in patients with significantly impaired hepatic function is contraindicated, because tizanidine is extensively metabolised by the liver.

Concomitant use of tizanidine with strong inhibitors of CYP1A2 such as fluvoxamine or ciprofloxacin is contra-indicated (see sections 4.4 and 4.5).

4.4 Special warnings and precautions for use

Cytochrome P450 (CYP) inhibitors

Concomitant use of tizanidine with CYP1A2 inhibitors is not recommended (see sections 4.3 and 4.5).

Hypotension

Hypotension may occur during treatment with tizanidine (see section 4.8) and also as a result of interactions with CYP1A2 inhibitors and/or antihypertensive agents (see section 4.5). Severe manifestations of hypotension such as a loss of consciousness and circulatory collapse have been observed.

Withdrawal syndrome

Rebound hypertension and tachycardia have been observed after sudden withdrawal of tizanidine, when it had been used chronically, and/or in high daily dosages, and/or concomitantly with antihypertensive drugs. In extreme cases, rebound hypertension might lead to cerebrovascular accident. Tizanidine should not be stopped abruptly, but rather gradually (see sections 4.2, 4.5 and 4.8).

Use in renal impairment

Patients with renal impairment may require lower doses and therefore caution should be exercised when using tizanidine in these patients (see section 4.2).

Cardiovascular, hepatic or renal disorders

Caution is required in patients with cardiovascular disorders, coronary artery disease or renal or hepatic disorders. Regular clinical laboratory and ECG monitoring is recommended during treatment with tizanidine.

Hepatic dysfunction

Hepatic dysfunction has been reported in association with tizanidine. It is recommended in all patients that before beginning therapy, liver function tests should be performed in order to establish a baseline and to exclude pre-existing liver disease or significantly impaired hepatic function. Liver function tests should then be monitored monthly for the first four months of treatment in all patients and in those who develop symptoms suggestive of liver dysfunction such as unexplained nausea, anorexia or tiredness. Treatment with tizanidine should be discontinued if serum levels of SGPT (serum glutamic- pyruvic transaminase) and/or SGOT (serum glutamic-oxaloacetic transaminase) are persistently above three times the upper limit of normal range. Tizanidine should be discontinued in patients with symptoms compatible with hepatitis or where jaundice occurs.

Hypersensitivity reactions

Hypersensitivity reactions including anaphylactic reactions, angioedema, dermatitis, skin rash, urticaria, pruritus and redness have been reported in connection with tizanidine. Careful monitoring of the patient for 1 to 2 days after the first administration

is recommended. In case of anaphylactic reactions or angioedema with anaphylactic shock or respiratory difficulties, treatment with Tizanidine should be discontinued immediately and suitable therapeutic measures should be initiated.

Myasthenia gravis

In patients with myasthenia gravis, Tizanidine should only be administered after careful benefit/risk assessment by the doctor.

Epilepsy

Tizanidine should only be used in patients with well-controlled epilepsy.

Excipients

Lactose

Patients with rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption should not take this medicine.

4.5 Interaction with other medicinal products and other forms of interactions

CYP inhibitors

Concomitant administration of agents known to inhibit the activity of CYP1A2 may increase the plasma levels of tizanidine (see section 5.2). Concomitant use of tizanidine with fluvoxamine or ciprofloxacin, both CYP1A2 inhibitors in man, is contraindicated (see section 4.3), as it resulted in a 33-fold and 10-fold increase in tizanidine AUC, respectively. Clinically significant and prolonged hypotension may result along with somnolence, dizziness and decreased psychomotor performance (see section 4.4). Coadministration of tizanidine with other inhibitors of CYP1A2 such as some antiarrhythmics (amiodarone, mexiletine, propafenone), cimetidine, some fluoroquinolones (enoxacin, pefloxacin, norfloxacin), rofecoxib, oral contraceptives, and ticlopidine is not recommended (see section 4.4).

Caution should be exercised when tizanidine is prescribed with substances known to increase the QT interval. Electrocardiographic monitoring may be advisable.

Antihypertensives

As tizanidine may induce hypotension it may potentiate the effect of antihypertensive products, including diuretics, and caution should therefore be exercised in patients receiving blood pressure lowering products. Caution should also be exercised when tizanidine is used concurrently with β -adrenoceptor blocking substances or digoxin as the combination may potentiate hypotension or bradycardia. In some patients rebound hypertension and tachycardia have been observed upon abrupt discontinuation of tizanidine when concomitantly used with antihypertensive drugs. In extreme cases, rebound hypertension might lead to cerebrovascular accident (see sections 4.4 and 4.8).

Pharmacokinetic data following single and multiple doses of tizanidine suggested that clearance of tizanidine was reduced by approximately 50% in women who were concurrently taking oral contraceptives. Although no specific pharmacokinetic study has been conducted to investigate a potential interaction between oral contraceptives and tizanidine, the possibility of a clinical response and/or adverse effects occurring at lower doses of tizanidine should be borne in mind when prescribing tizanidine to a patient taking the contraceptive pill. Clinically significant interactions have not been reported in clinical trials.

Alcohol or centrally-acting agents, such as antipsychotics, sedatives, hypnotics, analgesics, anaesthetics or antihistamines, may enhance the sedative action of tizanidine.

Other muscle relaxants

Concomitant administration of Tizanidine with other muscle relaxants lead to increased effects.

Rifampicin

Concomitant administration of Tizanidine with rifampicin results in a 50% decrease in tizanidine concentrations. Therefore, the therapeutic effects of Tizanidine may be reduced during treatment with rifampicin. This may be of clinical significance in some patients. Long-term concomitant administration should be avoided. If concomitant administration is considered, a careful dose adjustment may be required.

Smoking

Administration of Tizanidine to male smokers (> 10 cigarettes/day) results in about 30% decrease in systemic exposure of tizanidine. Long-term therapy with Tizanidine in male heavy smokers may require higher than the average doses.

4.6 Fertility, pregnancy and lactation

Women of childbearing potential / contraception in males and females

Sexually active women of childbearing age are recommended to take a pregnancy test prior to treatment with Tizanidine. Women of childbearing age have to use effective contraception during and up to one day after treatment with Tizanidine (see section 4.5).

Pregnancy

There is limited amount of data from the use of tizanidine in pregnant women. Studies in animal have shown reproductive toxicity (see section 5.3).

{Invented name} should not be used during pregnancy unless the clinical condition of the woman requires treatment with tizanidine.

Breastfeeding

Although only small amounts of tizanidine are excreted in animal milk, tizanidine should not be taken by women who are breast-feeding.

Fertility

Impaired male and female fertility has been observed in animal studies (see section 5.3). Relevance in humans is unknown. No clinical data is available.

4.7 Effects on ability to drive and use machines

Tizanidine has minor or moderate influence on the ability to drive and use machines: patients experiencing drowsiness or dizziness should be advised against activities requiring a high degree of alertness.

4.8 Undesirable effects

The adverse effects are classified below by system organ class according to the following convention: Very common ($\geq 1/10$)

Common ($\geq 1/100$ to $< 1/10$)

Uncommon ($\geq 1/1,000$ to $\leq 1/100$)

Rare ($\geq 1/10,000$ to $\leq 1/1,000$)

Very rare, including isolated reports ($< 1/10,000$)

Not known (cannot be estimated from the available data)

System Organ Class	Frequency	Adverse effects
Immune system disorders	Not known	Hypersensitivity reactions including anaphylaxis, angioedema, urticaria
Metabolism and nutrition disorders	Not known	Absence of appetite
Psychiatric disorders	Common	Insomnia, sleep disorders
	Rare	Hallucinations*
	Not known	Mental confusion, anxiety disorders
Nervous system disorders	Very common	Drowsiness**, dizziness**
	Not known	Headache, ataxia, dysarthria
Eye disorders	Not known	Blurred vision, accommodation disorder
Cardiac disorders	Common	Bradycardia, tachycardia (see sections 4.4 and 4.5)
	Not known	QT prolongation has been reported in post-marketing surveillance (see section 4.9)
Vascular disorders	Common	Reduction in blood pressure**,
	Not known	Syncope
Gastrointestinal disorders	Very common	Dry mouth**, gastrointestinal disturbances**
	Common	Nausea**
	Not known	Abdominal pain, vomiting
Hepatobiliary disorders	Very rare	Hepatitis, hepatic failure
Skin and subcutaneous tissue disorders	Rare	Pruritus, rash)
	Not known	Dermatitis, erythema
Musculoskeletal and connective tissue disorders	Very common	Muscle weakness
General disorders and administration site conditions	Very common	Fatigue**
	Common	Withdrawal effect: rebound hypertension (see sections 4.4 and 4.5)

	Not known	Asthenia,
Investigations	Common	Transient increase in hepatic serum transaminases

* The hallucinations are self-limiting, without evidence of psychosis, and have invariably occurred in patients concurrently taking potentially hallucinogenic substances, e.g. anti-depressants.

** With slow upward titration of the dose of tizanidine these effects are usually not severe enough to require discontinuation of treatment.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via HPRA Pharmacovigilance Website: www.hpra.ie.

4.9 Overdose

Clinical experience is limited. In one adult case, who ingested 400 mg tizanidine, recovery was uneventful. This patient received mannitol and furosemide.

The lethal dose of Tizanidine in humans is not known. Following a dose of 100 tablets of Tizanidine 4 mg (400 mg tizanidine) taken with suicidal intent, respiratory insufficiency with Cheyne-Stokes respiration, miosis and coma occurred.

Symptoms

Nausea, vomiting, hypotension, bradycardia, QT prolongation, dizziness, miosis, respiratory distress, coma, restlessness, somnolence.

Treatment

General supportive measures are indicated and an attempt should be made to remove uningested substance from the gastro-intestinal tract using gastric lavage or by repeated administration of high doses of activated charcoal. The patient should be well hydrated. Further treatment should be symptomatic.

5 PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Musculo-skeletal system ; muscle relaxants; centrally acting agents; other centrally acting agents, ATC code: M03B X02

Tizanidine is a centrally acting skeletal muscle relaxant . Its principal site of action is the spinal cord, where the evidence suggests that, by stimulating presynaptic alpha 2-receptors, it inhibits the release of excitatory amino acids that stimulate *N*-methyl-*D*-aspartate (NM DA) receptors. Polysynaptic signal transmission at spinal interneuron level, which is responsible for excessive muscle tone, is thus inhibited and muscle tone reduced. Tizanidine has no direct effect on skeletal muscle, the neuromuscular junction or on monosynaptic spinal reflexes. In addition to its muscle-relaxant properties, tizanidine also exerts a moderate central analgesic effect.

In humans, tizanidine reduces pathologically increased muscle tone, including resistance to passive movements and alleviates painful spasms and clonus.

5.2 Pharmacokinetic properties

Absorption

Tizanidine is rapidly absorbed, reaching peak plasma concentration in approximately 1 hour after dosing.

Distribution

Tizanidine is only about 30 % bound to plasma proteins and, in animal studies, was found to readily cross the blood-brain barrier. Mean steady-state volume of distribution (VSS) following i.v. administration is 2.6 L/kg.

Biotransformation

Although tizanidine is well absorbed, first pass metabolism limits plasma availability to 34% of that of an intravenous dose. Tizanidine undergoes rapid and extensive metabolism in the liver. Tizanidine is mainly metabolized by cytochrome P450 1A2 *in vitro*.

Elimination

The metabolites are primarily excreted via the renal route (approximately 70% of the administered dose) and appear to be inactive. Renal excretion of the parent compound is approximately 53% after a single 5 mg dose and 66% after dosing with 4 mg three times daily. The elimination half-life of tizanidine from plasma is 2-4 hours in patients.

Linearity

Tizanidine has linear pharmacokinetics over the dose range 4 to 20 mg. The low intra individual variation in pharmacokinetic parameters (C_{max} and AUC) enables reliable prediction of plasma levels following oral administration.

Characteristics in special patient populations

The pharmacokinetic parameters of tizanidine are not affected by gender. In patients with renal insufficiency (creatinine clearance < 25 mL/min), maximal mean plasma levels were found to be twice as high as in normal volunteers, and the terminal half-life was prolonged to approximately 14 hours, resulting in much higher (approximately 6-fold on average) AUC values (see section 4.4).

Effect of food

Concomitant food intake has no clinically significant influence on the pharmacokinetic profile of tizanidine tablets.

5.3 Preclinical safety data

Acute toxicity

Tizanidine possesses a low order of acute toxicity. Signs of overdose were seen after single doses > 40 mg/kg in animals and are related to the pharmacological action of the substance.

Repeat dose toxicity

The toxic effects of tizanidine are mainly related to its pharmacological action. At doses of 24 and 40 mg/kg per day in subchronic and chronic rodent studies, the α_2 -agonist effects resulted in central nervous system stimulation, e.g. motor excitation, aggressiveness, tremor and convulsions.

Signs related to centrally mediated muscle relaxation, e.g. sedation and ataxia, were frequently observed at lower dose levels in subchronic and chronic oral studies with dogs. Such signs, related to the myotonolytic activity of the substance, were noted at 1 to 4 mg/kg per day in a 13-week dog study, and at 1.5 mg/kg per day in a 52-week dog study.

Prolongation of the QT interval and bradycardia were noted in chronic toxicity studies in dogs at doses of 1.0 mg/kg per day and above.

Retinal atrophy and corneal opacity have been observed in chronic toxicity studies in the rat. The no observed adverse effect load in the rat was below 1 mg/kg/day.

Slight increases in hepatic serum transaminases were observed in a number of toxicity studies at higher dose levels. They were not consistently associated with histopathological changes in the liver.

Genotoxicity

Various *in vitro* assays as well as *in vivo* assays produced no evidence of mutagenic potential of tizanidine.

Carcinogenic potential

No evidence for carcinogenicity was demonstrated in two long-term dietary studies in mice (78 weeks) and rats (104 weeks), at dose levels up to 9 mg/kg per day in rats and up to 16 mg/kg per day in mice. At these dose levels, corresponding to the maximum tolerated dose, based on reductions in growth rate, no neoplastic or pre-neoplastic pathology, attributable to treatment, was observed.

Toxicity to reproduction

Impairment of fertility was observed at a dose, which corresponds to 2 and 7-times the therapeutic dose (based on body surface area) in female and male rats, respectively. The effect was reversible upon discontinuation of treatment. F1 generation fertility was not affected.

No embryotoxicity or teratogenicity occurred in pregnant rats and rabbits at dose levels up to 30 mg/kg per day of tizanidine. However, doses of 10-100 mg/kg per day in rats were maternally toxic and resulted in developmental retardation of foetuses as seen by lower foetal body weights and retarded skeletal ossification.

In female rats, treated prior to mating through lactation or during late pregnancy until weaning of the young, a dose-dependent (10 and 30 mg/kg per day) prolongation of gestation time and dystocia occurred, resulting in an increased foetal mortality and delayed development. These effects were attributed to the pharmacological effect of tizanidine. No developmental effects occurred at 3 mg/kg per day although sedation was induced in the treated dams.

Passage of tizanidine and/or its metabolites into milk of rodents is known to occur.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Lactose, anhydrous
Cellulose, microcrystalline
Silica, colloidal anhydrous
Stearic acid

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

3 years.

6.4 Special precautions for storage

Do not store above 30°C.

6.5 Nature and contents of container

Blister PVC/PVDC/Aluminium .

Blister packs of 15, 20, 30, 50, 100, 120 and clinical pack 500 (10x 50) tablets.

Not all pack- sizes may be marketed.

6.6 Special precautions for disposal

No special requirements.

7 MARKETING AUTHORISATION HOLDER

Teva Pharma B.V.
Swansweg 5
2031GA Haarlem
Netherlands

8 MARKETING AUTHORISATION NUMBER

9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Date of first authorisation: 25th January 2008.

Date of last renewal: 28th December 2010

10 DATE OF REVISION OF THE TEXT

June 2022