

## Package leaflet: Information for the user Topamax® Sprinkle 15 mg hard capsules (topiramate)

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See the end of section 4 for how to report side effects.

**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. See section 4.

The name of your medicine is Topamax Sprinkle 15 mg hard capsules but will be referred to as Topamax throughout the remainder of this leaflet. Your medicine is also available in and 25 mg and 50 mg strength.

#### What is in this leaflet

- What Topamax is and what it is used for
- What you need to know before you take Topamax
- How to take Topamax
- Possible side effects
- How to store Topamax
- Contents of the pack and other information

#### 1. What Topamax is and what it is used for

Topamax belongs to a group of medicines called “anti-epileptic medicines”. It is used:

- alone to treat seizures in adults and children over age 6
- with other medicines to treat seizures in adults and children aged 2 years and above
- to prevent migraine headaches in adults

#### 2. What you need to know before you take Topamax

**Do not take Topamax**

- if you are allergic to topiramate or any of the other ingredients of this medicine (listed in section 6).

#### Migraine prevention

- You must not use Topamax if you are pregnant.
- If you are a woman who is able to become pregnant, you must not take Topamax, unless you use highly effective contraception (birth control) during your treatment. See below under “Pregnancy, breast-feeding and fertility – Important advice for women”.

#### Treatment of epilepsy

- You must not use Topamax if you are pregnant, unless no other treatment gives sufficient seizure control for you.
- If you are a woman who is able to become pregnant, you must not take Topamax unless you use highly effective contraception (birth control) during your treatment. Do not stop taking Topamax or your contraception until you have discussed this with your doctor. Your doctor will advise you further and make sure you are aware of and understand all of the risk of taking Topamax during pregnancy and the risks of seizures during pregnancy. See below under “Pregnancy, breast-feeding and fertility – Important advice for women”.

Make sure you read the patient guide that you will receive from your doctor.

A patient card is provided with the Topamax package to remind you of the risks in pregnancy.

If you are not sure if the above applies to you, talk to your doctor or pharmacist before using Topamax.

#### Warnings and precautions

Talk to your doctor before taking Topamax if you:

- have kidney problems, especially kidney stones, or are getting kidney dialysis
- have a history of blood and body fluid abnormality (metabolic acidosis)
- have liver problems
- have eye problems, especially glaucoma
- have a growth problem
- are on a high fat diet (ketogenic diet)
- are a woman who is able to become pregnant. Topamax can harm an unborn child when taken during pregnancy. Highly effective contraception (birth control) must be used during your treatment and for at least 4 weeks after the last Topamax dose. See section ‘pregnancy and breast-feeding’ for further information.

- are pregnant. Topamax can harm an unborn child when taken during pregnancy.

If you are not sure if any of the above apply to you, talk to your doctor before using Topamax.

If you have epilepsy, it is important that you do not stop taking your medicine without first consulting your doctor.

You should also talk to your doctor before taking any medicine containing topiramate that is given to you as an alternative to Topamax.

You may lose weight if you use Topamax so your weight should be checked regularly when using this medicine. If you are losing too much weight or a child using this medicine is not gaining enough weight, you should consult your doctor.

A small number of people being treated with anti-epileptic medicines such as Topamax have had thoughts of harming or killing themselves. If at any time you have these thoughts, immediately contact your doctor.

Topamax can cause serious skin reactions, tell your doctor immediately if you develop a skin rash and/or blisters (see also section 4 ‘Possible side effects’).

Topamax may in rare cases cause high levels of ammonia in the blood (seen in blood tests) which can lead to a change in brain function, especially if you are also taking a medicine called valproic acid or sodium valproate. Since this may be a severe condition, tell your doctor immediately if the following symptoms occur (see also section 4 ‘Possible side effects’):

- difficulty thinking, remembering information, or solving problems
- being less alert or aware
- feeling very sleepy with low energy

At higher doses of Topamax, the risk of developing these symptoms may increase.

#### Other medicines and Topamax

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Topamax and certain other medicines can affect each other. Sometimes the dose of some of your other medicines or Topamax will have to be adjusted.

Especially, tell your doctor or pharmacist if you are taking:

- other medicines that impair or decrease your thinking, concentration, or muscle coordination (e.g. central nervous system depressant medicines such as muscle relaxants and sedatives).
- hormonal contraceptives. Topamax can affect how well some hormonal contraceptive (birth control) methods work. An additional barrier method of contraception such as a condom or pessary/diaphragm should be used. You should talk to your doctor about the best kind of contraception to use while you are taking Topamax.

Tell your doctor if your menstrual bleeding changes while you are taking hormonal contraceptives and Topamax. Irregular bleeding may occur. In this case, continue taking the hormonal contraceptives and inform your doctor.

Keep a list of all the medicines you take. Show this list to your doctor and pharmacist before you start a new medicine.

Other medicines you should discuss with your doctor or pharmacist include other anti-epileptic medicines, digoxin, risperidone, lithium, hydrochlorothiazide, metformin, pioglitazone, glibenclamide, amitriptyline, haloperidol, propranolol, diltiazem, venlafaxine, flunarazine, St. John’s wort (*Hypericum perforatum*) (a herbal preparation used to treat depression), warfarin used to thin the blood.

If you are not sure if any of the above applies to you, talk to your doctor or pharmacist before using Topamax.

#### Topamax with food and drink

You can take Topamax with or without food. Drink plenty of fluids during the day to prevent kidney stones while taking Topamax. You should avoid drinking alcohol when taking Topamax.

#### Pregnancy, breast-feeding and fertility

Important advice for women who are able to become pregnant

Topamax can harm an unborn child. If you are a woman who is able to become pregnant, talk to your doctor about other possible treatments. Visit your doctor to review your treatment and discuss the risks at least once a year.

#### Migraine prevention:

- For migraine, you must not use Topamax if you are pregnant.
- For migraine, you must not use Topamax if you are a woman who is able to become pregnant unless you are using effective contraception (birth control).
- Before the start of treatment with Topamax a pregnancy test should be performed in a woman who is able to become pregnant.

#### Treatment of epilepsy:

- For epilepsy, you must not use Topamax if you are pregnant, unless you and your doctor have agreed that no other treatment gives sufficient seizure control for you.
- For epilepsy, you must not use Topamax if you are a woman who is able to become pregnant unless you are using highly effective contraception. Do not stop taking Topamax or your contraception (birth control) until you have discussed this with your doctor. Your doctor will make sure you have received information about the risks of taking Topamax during pregnancy and about the risks of seizures during pregnancy, which may put you or your unborn child at risk.
- Before the start of treatment with Topamax a pregnancy test should be performed in a woman who is able to become pregnant.

*The risks of topiramate when taken during pregnancy. The risks apply whether topiramate is taken for migraine prevention or treatment of epilepsy.*

There is a risk of harm to the unborn child if Topamax is used during pregnancy.

- If you take Topamax during pregnancy, your child has a higher risk for birth defects. In women who take topiramate, around 4 - 9 children in every 100 will have birth defects. This compares to 1-3 children in every 100 born to women who do not have epilepsy and do not take an antiepileptic treatment. Particularly, cleft lip (split in the top lip) and cleft palate (split in the roof of the mouth) have been observed. Newborn boys may also have a malformation of the penis (hypospadia). These defects can develop early in pregnancy, even before you know you are pregnant.
- If you take Topamax during pregnancy, your child may have a 2- to 3-fold higher risk for autism spectrum disorders, intellectual disabilities, or attention deficit hyperactivity disorder (ADHD) compared with children born to women with epilepsy not taking antiepileptic medication.
- If you take Topamax during pregnancy, your child may be smaller and weigh less than expected at birth. In one study, around 18 in every 100 children of mothers taking topiramate during pregnancy were smaller and weighed less than expected at birth, while around 5 in every 100 children born to women without epilepsy and not taking antiepileptic medication were smaller and weighed less than expected at birth.
- Talk to your doctor if you have questions about this risk during pregnancy.
- There may be other medicines to treat your condition that have a lower risk of birth defects.

*Need for contraception (**birth control**) in women who are able to become pregnant:*

- If you are a woman who is able to become pregnant, talk to your doctor about other possible treatments instead of Topamax. If the decision is made to use Topamax, you must use highly effective contraception during your treatment and for at least 4 weeks after the last Topamax dose.
- One highly effective contraception (such as an intrauterine device) or two complementary contraceptives such as birth control pill together with a barrier method of birth control (such as a condom or pessary/diaphragm) must be used. Talk to your doctor about what contraception is most appropriate for you.
- Topamax can affect how well some hormonal contraceptive (birth control) methods work. If you are taking hormonal contraceptives, an additional barrier contraceptive method (such as a condom or pessary/diaphragm) should be used.
- Tell your doctor if you experience irregular menstrual bleeding.

#### Use of Topamax in girls:

If you are a parent or a caregiver of a girl treated with Topamax, you must contact her doctor immediately once your child experiences her first period (menarche). The doctor will inform you about the risks to an unborn child due to topiramate exposure during pregnancy, and the need for using highly effective contraception.

#### If you wish to become pregnant while taking Topamax:

- Schedule an appointment with your doctor.
- Do not stop using your contraception until you have discussed this with your doctor.
- If you take Topamax for epilepsy, do not stop taking it until you have discussed this with your doctor. Suddenly stopping Topamax can cause seizures to start again or happen more often or last longer than before. This may put you or your unborn child at risk.
- Your doctor will reassess your treatment as they may need to change or stop your medicine. The doctor will counsel you about the risks of Topamax during pregnancy. He/she may also refer you to another specialist.

*If you have become pregnant or think you may be pregnant while taking Topamax:*

- Schedule an urgent appointment with your doctor.
- If you are taking Topamax to prevent migraine, stop taking the medicine straight away, and contact your doctor. Your doctor will assess your condition and discuss your options with you.
- If you are taking Topamax for epilepsy, do not stop taking this medicine unless your doctor tells you to. Suddenly stopping Topamax can cause seizures to start again or happen more often or last longer than before. This may put you or your unborn child at risk.
- If you are taking Topamax for epilepsy, your doctor will assess your condition and discuss options with you. Your doctor will make sure you are aware of and understand all the risks of Topamax during pregnancy. They may advise that you need to switch to another medicine to treat your epilepsy. If so, they will explain how to make the change to this new medicine. He/she may also refer you to another specialist.
- If Topamax is used during pregnancy for epilepsy, you will be monitored closely to check how your unborn child is developing.

Make sure you read the patient guide that you will receive from your doctor.

A patient card is provided with the Topamax package to remind you of topiramate risks in pregnancy.

#### Breast-feeding

The active substance in Topamax (topiramate) passes into human milk. Effects have been seen in breastfed babies of treated mothers, including diarrhoea, feeling sleepy, feeling irritable, and poor weight gain. Therefore, your doctor will discuss with you whether you abstain from breast-feeding or whether to abstain from treatment with Topamax. Your doctor will take into account the importance of the medicine to the mother and the risk for the baby.

Mothers who breast-feed while taking Topamax must tell the doctor as soon as possible if the baby experiences anything unusual.

#### Driving and using machines

Dizziness, tiredness, and vision problems may occur during treatment with Topamax. Do not drive or use any tools or machines without talking to your doctor first.

#### Topamax contains sucrose

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

#### 3. How to take Topamax

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

- Your doctor will usually start you on a low dose of Topamax and slowly increase your dose until the best dose is found for you.
- Topamax hard capsules may be swallowed whole or may be opened and sprinkled on a teaspoon of soft food of any type. Examples are applesauce, custard, ice cream, porridge, pudding or yogurt. Drink fluids right after to make sure all of the food and medicine mixture is swallowed.
- Hold the hard capsule upright so that you can read the word “TOP.”
- Carefully twist off the clear portion of the capsule. You may find it best to do this over the small portion of food onto which you will be pouring the sprinkles.
- Sprinkle all of the capsule’s contents onto a spoonful of soft food, taking care to see that the entire prescribed dosage is sprinkled onto the food.
- Be sure to swallow the entire spoonful of the sprinkle/food mixture immediately. Avoid chewing. Drink fluids immediately in order to make sure all of the mixture is swallowed.
- Never store any medicine and food mixture for use at a later time.
- Topamax can be taken before, during, or after a meal. Drink plenty of fluids during the day to prevent kidney stones while taking Topamax.

**If you take more Topamax than you should**

- See a doctor right away. Take the medicine pack with you.
- You may feel sleepy, tired, or less alert; lack coordination; have difficulty speaking or concentrating; have double or blurred vision; feel dizzy due to low blood pressure; feel depressed or agitated; or have abdominal pain, or seizures (fits).

Overdose can happen if you are taking other medicines together with Topamax.

**If you forget to take Topamax**

- If you forget to take a dose, take it as soon as you remember it. However, if it is almost time for your next dose, skip the missed dose and continue as usual. If you miss two or more doses, contact your doctor.
- Do not take a double dose (two doses at the same time) to make up for a forgotten dose.

**If you stop taking Topamax**

Do not stop taking this medicine unless told to do so by your doctor. Your symptoms may return. If your doctor decides to stop this medication, your dose may be decreased gradually over a few days.

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

**4. Possible side effects**

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

**Tell your doctor, or seek medical attention immediately if you have the following side effects:****Very common (may affect more than 1 in 10 people)**

- Depression (new or worse)

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

- Seizures (fits)
- Anxiety, irritability, changes in mood, confusion, disorientation
- Problems with concentration, slowness of thinking, loss of memory, problems with memory (new onset, sudden change or increased severity)
- Kidney stone, frequent or painful urination
- Increased acid level in the blood (may cause troubled breathing including shortness of breath, loss of appetite, nausea, vomiting, excessive tiredness, and fast or uneven heart beats)
- Decreased or loss of sweating (particularly in young children who are exposed to high temperatures)
- Having thoughts of serious self-harm, trying to cause serious self-harm

- Loss of part of the field of vision

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

- Glaucoma – blockage of fluid in eye causing increased pressure in the eye, pain, or decreased vision
- Difficulty thinking, remembering information, or solving problems, being less alert or aware, feeling very sleepy with low energy – these symptoms may be a sign of a high level of ammonia in the blood (hyperammonemia), which can lead to a change in brain function (hyperammonemic encephalopathy).
- Serious skin reactions, such as Stevens-Johnson syndrome and toxic epidermal necrolysis - these may appear as rashes with or without blisters. Skin irritation, sores or swelling in the mouth, throat, nose, eyes and around the genitals. The skin rashes may develop into serious widespread skin damage (peeling of the epidermis and superficial mucous membranes) with life-threatening consequences.
- **Not known (frequency cannot be estimated from the available data)**
  - Inflammation of the eye (uveitis) with symptoms such as eye redness, pain, sensitivity to light, runny eyes, seeing small dots or getting blurred vision

**Other side effects include the following, if they get serious, please tell your doctor or pharmacist:****Very common (may affect more than 1 in 10 people)**

- Stuffy, runny nose or sore throat
- Tingling, pain and/or numbness of various body parts
- Sleepiness, tiredness
- Dizziness
- Nausea, diarrhoea
- Weight loss

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

- Anaemia (low blood count)
- Allergic reaction (such as skin rash, redness, itching, facial swelling, hives)
- Loss of appetite, decreased appetite
- Aggression, agitation, anger, abnormal behaviour
- Difficulty falling or staying asleep
- Problems with speech or speech disorder, slurred speech

- Clumsiness or lack of coordination, feeling of unsteadiness when walking
- Decreased ability to complete routine tasks
- Decreased, loss of, or no sense of taste
- Involuntary trembling or shaking; rapid, uncontrollable movements of the eyes
- Visual disturbance, such as double vision, blurred vision, decreased vision, difficulty focusing
- Sensation of spinning (vertigo), ringing in the ears, ear pain
- Shortness of breath
- Cough
- Nose bleeds
- Fever, not feeling well, weakness
- Vomiting, constipation, abdominal pain or discomfort, indigestion, stomach or intestinal infection
- Dry mouth
- Hair loss
- Itching
- Joint pain or swelling, muscle spasms or twitching, muscle aches or weakness, chest pain
- Weight gain

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

- Decrease in platelets (blood cells that help stop bleeding), decrease in white blood cells that help to protect you against infection, decrease in potassium level in the blood
- Increase in liver enzymes, increase in eosinophils (a type of white blood cell) in the blood
- Swollen glands in the neck, armpit, or groin
- Increased appetite
- Elevated mood
- Hearing, or feeling things that are not there, severe mental disorder (psychosis)
- Showing and/or feeling no emotion, unusual suspiciousness, panic attack
- Problems with reading, speech disorder, problems with handwriting
- Restlessness, hyperactivity
- Slowed thinking, decreased wakefulness or alertness
- Reduced or slow body movements, involuntary abnormal or repetitive muscle movements

- Fainting
- Abnormal sense of touch; impaired sense of touch
- Impaired, distorted, or no sense of smell
- Unusual feeling or sensation that may precede a migraine or a certain type of seizure
- Dry eye, sensitivity of the eyes to light, eyelid twitching, watery eyes
- Decreased or loss of hearing, loss of hearing in one ear
- Slow or irregular heartbeat, feeling your heart beating in your chest
- Low blood pressure, low blood pressure upon standing (consequently, some people taking Topamax may feel faint, dizzy, or may pass out when they stand up or sit up suddenly)
- Flushing, feeling warm
- Pancreatitis (inflammation of the pancreas)
- Excessive passing of gas or wind, heartburn, abdominal fullness or bloating
- Bleeding gums, increased saliva, drooling, breath odour
- Excessive intake of fluids, thirst
- Skin discolouration
- Muscle stiffness, pain in side
- Blood in urine, incontinence (lack of control) of urine, urgent desire to urinate, flank or kidney pain
- Difficulty getting or keeping an erection, sexual dysfunction
- Flu-like symptoms
- Cold fingers and toes
- Feeling drunk
- Learning disability

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

- Abnormally elevated mood
- Loss of consciousness
- Blindness in one eye, temporary blindness, night blindness
- Lazy eye
- Swelling in and around the eyes
- Numbness, tingling and colour change (white, blue then red) in fingers and toes when exposed to the cold
- Inflammation of the liver, liver failure
- Abnormal skin odour
- Discomfort in your arms or legs
- Kidney disorder

**Not known (frequency cannot be estimated from the available data)**

- Maculopathy is a disease of the macula, the small spot in the retina where vision is keenest. You should call your doctor if you notice a change or decrease in your vision.

**Children**

The side effects in children are generally similar to those seen in adults, but the following side effects may be more common in children than adults:

- Problems with concentration
- Increased acid level in the blood
- Having thoughts of serious self-harm
- Tiredness
- Decreased or increased appetite
- Aggression, abnormal behaviour
- Difficulty falling or staying asleep
- Feeling of unsteadiness when walking
- Not feeling well
- Decrease in potassium level in the blood
- Showing and/or feeling no emotion
- Watery eyes
- Slow or irregular heartbeat

Other side effects that may occur in children are:

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

- Sensation of spinning (vertigo)
- Vomiting
- Fever

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

- Increase in eosinophils (a type of white blood cell) in the blood
- Hyperactivity
- Feeling warm
- Learning disability

**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 via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the **Google Play** or **Apple App Store**. By reporting side effects, you can help provide more information on the safety of this medicine.

**5. How to store Topamax****Keep out of the sight and reach of children.**

Do not use this medicine after the expiry date which is stated on the bottle/carton after 'EXP'. The expiry date refers to the last day of that month.

Do not store above 25°C. Keep the bottle tightly closed in order to protect the capsules from moisture.

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

If your medicine shows any signs of deterioration or discolouration, please consult your doctor or pharmacist for advice. If damaged, please tell your doctor or pharmacist.

**6. Contents of the pack and other information****What Topamax contains**

- The active substance is topiramate.
- Each Topamax hard capsule contains 15 mg of topiramate.
- The other ingredients are:
  - sugar spheres (maize starch, sucrose), povidone, cellulose acetate.
  - capsule shell: gelatin, titanium dioxide (E171)
  - Printing ink: black ink (iron oxide black (E172)), shellac, propylene glycol.

**What Topamax looks like and contents of the pack**

Small, white to off-white pellets in hard gelatin capsule with an opaque white body marked '15 mg' and a clear cap marked 'TOP'. Bottle with a child-resistant closure containing 60 capsules.

Manufactured by: Janssen-Cilag SpA, Via. C. Janssen, Borgo S. Michele, 04100 Latina, Italy. Procured from within the EU. Product Licence Holder: Quadrant Pharmaceuticals Limited, Lynstock House, Lynstock Way, Lostock, Bolton, BL6 4SA. Repackaged by: Maxearn Limited, Unit 29, Oakhill Trading Estate, Devonshire Road, Worsley, Manchester, M28 3PT.

PL 20774/2659 – Topamax Sprinkle 15 mg hard capsules

Topamax is a registered trademark.

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# Blind or partially sighted?

# Is this leaflet hard to see or read?

# Contact Quadrant Pharmaceuticals

# Ltd, Tel: 01204 471 269