

Fonts : Times New Roman
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Generic Name font size : 12 pt.
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Leaflet Size : 170 x 280 mm
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170 mm

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PACKAGE LEAFLET: INFORMATION FOR THE USER

Numark Night Time Sleep Aid
25 mg and 50 mg Tablets

Diphenhydramine Hydrochloride

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- 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.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What Numark Night Time Sleep Aid Tablet is and what it is used for
2. What you need to know before you take Numark Night Time Sleep Aid Tablets
3. How to take Numark Night Time Sleep Aid Tablets
4. Possible side effects
5. How to store Numark Night Time Sleep Aid Tablets
6. Contents of the pack and other information

1. What Numark Night Time Sleep Aid Tablet is and what it is used for

Numark Night Time Sleep Aid Tablets contain the active substance diphenhydramine hydrochloride which is an antihistamine with sedative properties which induces drowsiness or sedation. It works by reducing the time needed to fall asleep and increases the depth and quality of sleep.

Numark Night Time Sleep Aid Tablets is used to aid relief of temporary sleep disturbance (difficulties sleeping) in adults and children over 16 years of age.

2. What you need to know before you take Numark Night Time Sleep Aid Tablets

Do not take Numark Night Time Sleep Aid Tablets:

- if you are allergic to diphenhydramine hydrochloride or any of the other ingredients of this medicine (listed in section 6)
- if you have a peptic ulcer
- if you have a blockage between your stomach and small intestine.

Warnings and precautions

Talk to your doctor or pharmacist before taking Numark Night Time Sleep Aid Tablets

- if you suffer from myasthenia gravis (abnormal muscle function)
- if you suffer from seizures or have epilepsy
- if you have asthma, bronchitis or Chronic Obstructive Pulmonary Disease (COPD)
- if you have narrow angle glaucoma
- if you have an enlarged prostate
- if you have difficulty urinating
- if you have moderate to severe liver or kidney problems
- if you are elderly, particularly if you also suffer from confusion.

This medicine is for short term sleeping problems. It may not work as well if you use it continuously. If your problems with sleeping persist, see your doctor for advice. Do not continue to take it for longer than 2 weeks without consulting a doctor.

Other medicines and Numark Night Time Sleep Aid Tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. In particular, tell your doctor or pharmacist if you are taking any of the following:

- other antihistamines including those used on your skin and in cough and cold medicines
- tranquillisers or anxiolytics (sedatives) used to treat anxiety e.g. diazepam
- hypnotics (e.g. nitrazepam) used to help you sleep better
- monoamine oxidase inhibitors (MAOIs) for depression (e.g. phenelzine) or if you have stopped taking an MAOI within the last two weeks
- metoprolol (a beta blocker) used to treat high blood pressure, angina, irregular heart beat or overactive thyroid
- venlafaxine used to treat depression
- antimuscarinics which relax smooth muscles and are used for example in Parkinsons Disease, irritable bowel syndrome and incontinence e.g. procyclidine, trihexyphenidyl, atropine, oxybutinin, fesoterodine
- tricyclic antidepressants (e.g. imipramine, amitriptyline).

Numark Night Time Sleep Aid Tablets with alcohol

Do not drink alcohol if you are taking this medicine.

Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines:

This medicine causes drowsiness and sedation and may also cause dizziness, blurred vision, disturbance in attention and slower reaction times. Do not drive or operate machinery while you are affected in this way.

Numark Night Time Sleep Aid Tablets contain lactose

This medicine 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.

3. How to take Numark Night Time Sleep Aid Tablets

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.

The recommended dose is:

Adults and children over 16 years:

25mg strength tablets: Take two tablets 20 minutes before going to bed.

50mg strength tablets: Take one tablet 20 minutes before going to bed.

Do not exceed the stated dose. Do not continue to take it for longer than 2 weeks without consulting a doctor.

Use in children:

Do not use in children under 16 years of age.

This medicine is for oral use. Swallow the tablets whole with water.

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

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