Cinnarizine 15 mg tablets
Cinnarizine

Package leaflet:
Information for the patient

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told 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. 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.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What Cinnarizine tablets are and what they are used for
2. What you need to know before you take Cinnarizine tablets
3. How to take Cinnarizine tablets
4. Possible side effects
5. How to store Cinnarizine tablets
6. Contents of the pack and other information

1 What Cinnarizine tablets are and what they are used for

The name of your medicine is Cinnarizine 15 mg tablets. It is called Cinnarizine tablets in this leaflet.
The tablets contain a medicine called cinnarizine that helps symptoms caused by balance or movement problems.
Cinnarizine tablets are used:
- to control motion sickness
- for problems with balance (such as Ménières disease) to treat symptoms of:
  - feeling dizzy or lightheaded
  - ringing in the ears
  - feeling sick (nausea) and being sick (vomiting)

This medicine is for use in adults and children aged over 5 years.

How to help stop motion sickness
The following tips may help you avoid travel sickness:
- At sea
  - Stay on deck and keep your eyes on the horizon
  - Keep away from diesel and galley smells
  - Do not eat rich and fatty foods while travelling
- On the road
  - Keep looking ahead into the distance
  - Travel in daylight with a window open
  - Make sure children can see out of the windscreen
  - Do not read
  - Do not eat rich and fatty foods while travelling

2 What you need to know before you take Cinnarizine tablets

This medicine is suitable for most adults and children, but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.
Do not take Cinnarizine tablets if:
- You are **allergic to** cinnarizine or any of the other ingredients of this medicine (listed in section 6 below).
- Your child is **under 5 years old**
- You are **breast-feeding**.

Do not take this medicine if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking Cinnarizine tablets.

Warnings and Precautions
Talk to your doctor or pharmacist before taking this medicine if:
- You have **Parkinson's disease**
- You suffer from **liver** or **kidney problems**
- You have a blood problem called '**porphyria**' (a hereditary **blood disorder**).
- You are **fructose and galactose intolerant.**
- You are taking **alcohol**.
- You are taking any **other medicines,** including:
  - *Tranquilisers* (drugs used to **relax muscles** or **decrease anxiety**).
  - *Tricyclic antidepressants* or *hypnotics* (drugs used to treat **mood or sleep disorders**).

If you are not sure about any of the medicines you are taking, show the pack to your pharmacist. If any of these bullet points apply to you now or in the past, talk to a doctor or pharmacist.

You may still be able to take Cinnarizine tablets, but you should discuss this with your doctor first.

Other medicines and Cinnarizine tablets
Tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines that you buy without a prescription, herbal medicines, dietary supplements or vitamins.
In particular tell your doctor or pharmacist if you are taking medicines for:
- Anxiety
- Difficulty sleeping
- Pain
- Depression

Talk to your doctor before taking Cinnarizine tablets if you are taking any of the above medicines.

Special warning:
- **Skin Tests**
  This medicine could reduce your reaction to skin tests for allergies. If you have taken Cinnarizine tablets in the 4 days before these tests, tell your doctor.
- **Cinnarizine tablets with alcohol**
  Cinnarizine tablets can make you drowsy. Drinking alcohol may make this worse.
- The combined effect of Cinnarizine and *tricyclic antidepressants* and *hypnotics* (drugs used to treat **mood or sleep disorders**) may make you drowsy.
- Some people may experience stomach discomfort after taking Cinnarizine 15mg Tablets. Taking this medicine after a meal may help reduce the possibility of stomach discomfort.

Pregnancy and breast-feeding
- Do not take Cinnarizine tablets if you are pregnant, think you might become pregnant or are planning to become pregnant.
- Do not take Cinnarizine tablets if you are breast-feeding. Ask your doctor or pharmacist for advice.

Ask your doctor or pharmacist for advice before taking any medicine if you are pregnant or breast-feeding

Driving and using machines
Cinnarizine tablets can make you drowsy. If this happens, do not drive or use any tools or machines.

Cinnarizine tablets contain lactose
If your doctor has told you that you are intolerant of some sugars, discuss it with them before taking this medicine.

3 How to take Cinnarizine Tablets

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

Taking this medicine
- Do not take more tablets than the doctor has told you
- Take after a meal
- Suck, chew or swallow the tablets whole with water
- Not recommended for children aged under 5 years old

How much to take
For **control of motion sickness**
Adults and children over 12 years old:
- 2 tablets 2 hours before travelling then
- 1 tablet every 8 hours during the journey

Children aged 5 – 12 years old
- 1 tablet 2 hours before travelling then
- ½ a tablet every 8 hours during the journey

For **problems with balance**
Adults and children over 12 years old:
- 2 tablets 3 times a day

Children aged 5 – 12 years old
- 1 tablet 3 times a day

If you take more Cinnarizine tablets than you should
If you take more Cinnarizine tablets than you should, talk to a doctor or go to the nearest hospital casualty department straight away, taking this leaflet and pack with you.

If you forget to take Cinnarizine tablets
- Make sure you leave 8 hours since your last tablet before taking the missed dose
- Then keep taking your medicine as your doctor has told you
- Do not take a double dose to make up for a forgotten dose

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.

If you experience the following, stop using the medicine and tell your doctor straightaway:
- Allergic reactions: Some people may be allergic to these tablets. Signs of allergy include rash (such as hives); wheezing; breathlessness; swollen eyelids, face or lips; complete collapse.

If you get any of these symptoms soon after taking Cinnarizine, don't take any more. Tell a doctor straight away. Take the packaging and this leaflet with you.

Common (affects less than 1 in 10 people)
- Drowsiness
- Feeling sick (nausea)
- Upset stomach
- Weight gain

Uncommon (affects less than 1 in 100 people)
- Feeling tired
- Being sick (vomiting)
- Increased sweating
- Skin lesion
- Abdominal pain, upper
- Red to gray colored growth on the skin
- Skin rash (swelling, redness or itching of the skin)
- Rare (affects less than 1 in 1,000 people)
  - Indigestion
  - Having stomach pain

Other side effects (frequency not known):
- A small number of people, mostly elderly patients taking Cinnarizine for a long-time experience unusual movements, including trembling and shaking of the hands and fingers, twisting movements of the body, shuffling walk and muscle stiffness
- Yellowing of the skin or whites of the eyes (jaundice)
- Red, scaly skin rash that may be made worse by sunlight

Other side effects that may occur with this type of medicine include allergic reactions, headache and dry mouth. In a few instances, mainly when Cinnarizine tablets are used for a long time, rashes and itchy bumps on the skin may occur, sometimes with mouth sores.

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 or search for MHRA Yellow Card in the Google Play or Apple App Store.
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5 How to store Cinnarizine tablets

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the label. The expiry date refers to the last day of that month
- There are no 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 protect the environment.

6 Contents of the pack and other information

What Cinnarizine tablets contain
- The active substance is cinnarizine. Each tablet contains 15 mg of cinnarizine.
- The other ingredients are lactose anhydrous, maize starch, mannitol (E421), povidone K90, talc (E553b) and magnesium stearate.

What Cinnarizine tablets looks like and contents of the pack
- White to off white, round shaped biconvex uncoated tablets with one side breakline and plain on other side with approximately 9.0 mm diameter.
- The product is available in pack size of 7,10,14, 20, 30, 50, 84 and of 100 tablets.

Not all pack sizes may be marketed

Marketing Authorisation Holder
OSGEN PHARMACEUTICALS LIMITED
Unit 2 Cleveland Way, Hemel Hempstead Industrial Estate, Hemel Hempstead, HP2 7DL
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Manufacturer
Cubic Pharmaceuticals Limited
Unit 3, Sextant Park, Neptune Close
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United Kingdom

This leaflet was last revised in OCT 2026

Barcode / Artwork Number may be added

Product : Cinnarizine 15 mg tablets	**Font : Arial - 8 pt**
Version : V3	**Date : OCT 2026**
Sequence Number : 0021	**Colors (number & pantone codes) : Pantone 100% black**

Cinnarizine 15 mg tablets
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Warnings and Precautions
Talk to your doctor or pharmacist before taking this medicine if:
- You have **Parkinson's disease**
- You suffer from **liver** or **kidney problems**
- You have a blood problem called '**porphyria**' (a hereditary **blood disorder**).
- You are **fructose and galactose intolerant.**
- You are taking **alcohol**.
- You are taking any **other medicines,** including:
  - *Tranquilisers* (drugs used to **relax muscles** or **decrease anxiety**).
  - *Tricyclic antidepressants* or *hypnotics* (drugs used to treat **mood or sleep disorders**).

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- Some people may experience stomach discomfort after taking Cinnarizine 15mg Tablets. Taking this medicine after a meal may help reduce the possibility of stomach discomfort.

Pregnancy and breast-feeding
- Do not take Cinnarizine tablets if you are pregnant, think you might become pregnant or are planning to become pregnant.
- Do not take Cinnarizine tablets if you are breast-feeding. Ask your doctor or pharmacist for advice.

Ask your doctor or pharmacist for advice before taking any medicine if you are pregnant or breast-feeding

Driving and using machines
Cinnarizine tablets can make you drowsy. If this happens, do not drive or use any tools or machines.

Cinnarizine tablets contain lactose
If your doctor has told you that you are intolerant of some sugars, discuss it with them before taking this medicine.

3 How to take Cinnarizine Tablets

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

Taking this medicine
- Do not take more tablets than the doctor has told you
- Take after a meal
- Suck, chew or swallow the tablets whole with water
- Not recommended for children aged under 5 years old

How much to take
For **control of motion sickness**
Adults and children over 12 years old:
- 2 tablets 2 hours before travelling then
- 1 tablet every 8 hours during the journey

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- 1 tablet 2 hours before travelling then
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4 Possible side effects

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If you get any of these symptoms soon after taking Cinnarizine, don't take any more. Tell a doctor straight away. Take the packaging and this leaflet with you.

Common (affects less than 1 in 10 people)
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- Feeling sick (nausea)
- Upset stomach
- Weight gain

Uncommon (affects less than 1 in 100 people)
- Feeling tired
- Being sick (vomiting)
- Increased sweating
- Skin lesion
- Abdominal pain, upper
- Red to gray colored growth on the skin
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- Rare (affects less than 1 in 1,000 people)
  - Indigestion
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Other side effects (frequency not known):
- A small number of people, mostly elderly patients taking Cinnarizine for a long-time experience unusual movements, including trembling and shaking of the hands and fingers, twisting movements of the body, shuffling walk and muscle stiffness
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- 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 protect the environment.

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Manufacturer
SANTA S.A.
Panselelor str. no.25, no.27 and no.29,
Brasov Municipality,
Brasov County, postal code 500419,
Romania

This leaflet was last revised in OCT 2026

Barcode / Artwork Number may be added

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Manufacturer
SCIOM LIMITED
Unit 4, Martinfield Business Centre,
Martinfield, Welwyn Garden City,
AL7 1HG, United Kingdom

This leaflet was last revised in OCT 2026

Barcode / Artwork Number may be added

Product : Cinnarizine 15 mg tablets	**Font : Arial - 8 pt**
Version : V3	**Date : OCT 2026**
Sequence Number : 0021	**Colors (number & pantone codes) : Pantone 100% black**