

Procyclidine

(pronounced pro - sike - la - deen)

Why has procyclidine been prescribed?

Procyclidine is known as an antimuscarinic drug. These medications are prescribed to relieve the symptoms of Parkinson's disease. They are also used to control similar symptoms caused by antipsychotic drugs.

What are the benefits of taking procyclidine?

Antimuscarinics are effective in reducing symptoms such as stiffness and tremor.

Are there any precautions with procyclidine?

Procyclidine is suitable for most people. As with all medicines, however, there are precautions. Your prescriber will usually check that it is safe to prescribe procyclidine, but let your prescriber know if any of the following apply to you, as extra care may be needed:

- a) if you have glaucoma, gastro-intestinal obstruction, urinary retention or suffer from heart, liver, kidney or prostate trouble
- b) if you are taking any other medication especially for schizophrenia, dementia, depression or Parkinson's disease or the pain killer nefopam. Also, tell your prescriber if you buy any medicine 'over the counter' from a pharmacy or supermarket. Please also tell your prescriber if you take any alternative or complementary medicine such as Chinese herbal medicines. St John's Wort should not be taken by patients prescribed procyclidine.
- c) if you are pregnant, breast feeding, or wish to become pregnant.
- d) If you have lactose intolerance as there is lactose and fructose contained in the tablets and liquid.

What is the usual dose of procyclidine?

The starting dose is usually 2.5mg three times daily. The dose may then be increased to 5mg three times daily.

How should procyclidine be taken?

Procyclidine is usually taken three times a day. However, you and your prescriber may decide that it is better for you to take the medicine at another time.

What form does procyclidine come in?

Procyclidine is available as tablets, liquid and injection. The tablets are available as 5mg and the liquid comes as 2.5mg per 5ml or 5mg per 5ml. The injection is 5mg per ml.

What should be done if a dose is missed?

If you forget a dose, take it as soon as you remember. If you miss a whole day's dose – just carry on as normal with the usual dose. If you miss more than a day's dose, speak to your prescriber.

What will happen when procyclidine is first taken?

Procyclidine begins to work in an hour or two. Full effect is not seen for several days. Many people do not experience any side effects. However some people may experience some side effects. We have listed potential side effects in the table below, whether or not they are likely to be short or long-term and what measures can be taken is also described. There are other possible side effects – we have listed only the most important ones. Ask your doctor, pharmacist or nurse if you are worried about anything else that you think might be a side effect. Further information on side effects is available in the official manufacturer's leaflet.

Reporting side effects

The 'Yellow Card' scheme encourages patients to report any side effects that they feel may be caused by their medication. Ask your doctor, pharmacist or nurse for the forms if you wish to report any side effects. Alternatively, telephone 0800 100 3352 or go to www.mhra.gov.uk.

Is procyclidine addictive?

Procyclidine is not addictive, but if you stop taking the medicine suddenly, you may experience unpleasant physical feelings. Symptoms can include nausea, insomnia, dizziness, diarrhoea, excess salivation and vivid dreams. Reducing the dose of procyclidine slowly may make these symptoms less severe.

What about alcohol?

It is recommended that people taking procyclidine should not drink alcohol. This is because both antimuscarinics and alcohol can cause confusion and drowsiness. This can lead to falls and accidents. However, once people are used to taking medication, then *very small amounts* of alcohol may not be harmful. It pays to be very careful, because alcohol affects people in different ways, especially when they are taking medication. Never drink alcohol and drive. Discuss any concerns you have with your doctor, pharmacist or nurse.

Is it OK to stop taking procyclidine when symptoms go away?

No. If you stop taking procyclidine, your original symptoms may return. Most people need to remain on procyclidine for several months. You should always discuss with your prescriber any plans you have to reduce or stop any of your prescribed medicines.

Are there any alternatives to procyclidine?

Yes, there are alternatives available. Although antimuscarinics have broadly similar therapeutic effects they differ slightly in the side effects they produce. There are more antimuscarinics available so most people can find one which suits them.

Summary of side effects

| Side effect | Side effect |
|---|--|
| <p>Dry mouth - Common</p> <p>What can be done about it? This should wear off within a few days. Sugar-free boiled sweets, chewing gum or eating citrus fruits may help. Discuss with the prescriber if this persists.</p>  | <p>Blurred vision - Common</p> <p>What can be done about it? This should wear off within a few days. Discuss with your prescriber if this persists. It may be necessary to switch to another medication.</p>  |
| <p>Constipation – Common</p> <p>What can be done about it? Eat lots of fibre – fruit and vegetables are good sources. Drink plenty of fluids. Your prescriber may prescribe a laxative.</p> |  |
| (Other less common) side effects | How common is it and what can be done about it? |
| Urinary retention (difficulty passing water) | Rare Contact your prescriber straightaway if you have any difficulty passing water. |
| Nausea (with or without vomiting) | Rare This should wear off within a few days. Taking the medication with food may help. Discuss with your prescriber if this persists. |
| Dizziness | Very rare This may wear off within a few days. Discuss with your prescriber if this persists. |
| Confusion | Very rare Tell your prescriber if you experience any changes in your thinking ability. The dose of procyclidine may need to be reduced. |
| Euphoria | Very rare Tell your prescriber straightaway if you notice any change in mood. |
| Hallucinations | Very rare Tell your prescriber straightaway if you see or hear anything unusual or disturbing. The dose of procyclidine may need to be reduced. |
| Skin rash | Very rare Tell your prescriber straightaway if any rash develops. |
| Worsening of mental illness symptoms | Very rare Tell your prescriber if you experience any worsening of symptoms related to mental illness. |

Very common = almost everyone affected
Rare = few people affected

Common = many people affected
Very rare = very few or no one affected

Uncommon = some people affected

Disclaimer

This leaflet is to help you understand more about your medication. This is not an official manufacturer's Patient Information Leaflet (see <http://www.medicines.org.uk/emc/>). Remember, leaflets like this can only describe some of the effects of medication. You may also find other books or leaflets useful. If you have access to the internet you may find a lot of information there as well, but be careful, as internet based information is not always accurate. If in doubt consult your GP or a health care professional.

This leaflet has been supplied by:

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