

HYPAM

Triazolam Tablets 0.125mg and 0.25mg

What is in this leaflet

This leaflet answers some common questions about HYPAM.

It does not contain all the information available on this medicine. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of using HYPAM against the benefits expected it will have for you.

If you have any concerns about using this medicine, ask your doctor or pharmacist.

Keep this leaflet. You may want to read it again.

What HYPAM is used for and how it works

Your HYPAM tablets contain the active ingredient triazolam. Triazolam belongs to a group of medicines known as benzodiazepines. They are thought to work by changing the amounts of certain chemicals found in the brain

HYPAM is used to treat patients that have problems sleeping (insomnia). It should be used for short-term treatment only, usually 7-10 days. Continued use is not recommended unless advised by your doctor. The use of benzodiazepines may lead to dependence when used long term.

Your doctor, however, may have prescribed HYPAM for another reason. Ask your doctor if you have any questions about why HYPAM has been prescribed for you.

HYPAM is available on prescription from your doctor.

Before you take HYPAM

When you must not take it

Do not take HYPAM if:

- **You are allergic to triazolam or any of other related benzodiazepine, or**
- **You are allergic to any of the other ingredients listed at the end of this leaflet**

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing, swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Do not take HYPAM if you are taking the following medicines:

- **Ketoconazole and itraconazole, medicines used to treat fungal infections**
- **Nefazodone, a medicine used to treat depression**
- **Ritonavir (Norvir), lopinavir (Kaletra), indinavir (Crixivan), atazanavir (Reyataz) and darunavir (Prezista); medicines to treat HIV infections**

These medicines and HYPAM will interfere with each other.

Do not take this medicine after the expiry date shown on the label or if the packaging shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

Before you take it

Tell your doctor:

- If you have allergies to any other medicines or other substances including foods and dyes.
- If you have heart or lung problems
- If you have a liver or kidney problem
- If you have sleep apnoea (when breathing either slows or stops for short periods while sleeping)
- If you have fits or convulsions
- If you have myasthenia gravis, a disease that causes severe muscle weakness
- If you have or have had depression or psychotic tendencies
- If you have glaucoma (high pressure in the eye)
- If you have a history of alcoholism or drug abuse
- If you are pregnant or plan on becoming pregnant
- If you are breastfeeding or plan to breastfeed

HYPAM is not recommended for use in children. The safety and effectiveness of HYPAM, has not been established in children.

Taking other medicines

If you are taking any other medicines, including any you get without a prescription from a pharmacy, supermarket or health food shop, tell your doctor or pharmacist.

Medicines that may interfere with HYPAM include:

- Other sleeping tablets, sedatives or tranquilisers
- Muscle relaxants
- Medicines used to treat fungal infections e.g. voriconazole, miconazole etc.
- Macrolide antibiotics such as erythromycin, clarithromycin,

troleandomycin, used in the treatment of various infections

- Cimetidine, a medicine used to treat reflux and ulcers
- Isoniazid, a medicine used to treat tuberculosis
- Medicines for depression, anxiety or mood disorders e.g. sertraline, paroxetine, fluvoxamine
- Medicines used for various heart conditions e.g. diltiazem, verapamil
- Medicines used to control fits
- Pain relievers or opioids
- Medicines for allergies e.g. antihistamines, or cold tablets
- Medicines to control alcohol problems, e.g. disulfiram

These medicines may be affected by HYPAM or may affect how well HYPAM works. You may need different amounts of your medicines or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking HYPAM.

Do not have any grapefruit juice if you are taking HYPAM tablets as grapefruit juice may interfere with HYPAM.

How to take HYPAM properly

How much to take

Your doctor will tell you how much HYPAM you need to take each day. It is important that you take HYPAM as directed by your doctor. Do not take more than the recommended dose.

The usual starting dose of HYPAM for all patients is 0.125mg per day, taken immediately before going to bed at night. Treatment should not continue for longer than 7 to 10 consecutive days. A dose of 0.25mg should not be exceeded.

How long to take it

HYPAM should be used for short periods only. Continuous long-term treatment is not recommended unless advised by your doctor.

Long-term use may lead to dependence.

If you forget a dose

If you forget a dose, just take the next dose when it is due. Do not take more than one dose at a time to make up for missed doses.

Taking your medicine at the same time each day may help you to remember to take it regularly. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

While you are taking HYPAM

Tell all doctors, dentists and pharmacists who are treating you that you are taking HYPAM.

Tell your doctor or pharmacist that you are taking HYPAM before you start any new medicine.

Tell your doctor if you develop a skin rash or hives while taking HYPAM.

Tell your doctor if you become pregnant while taking HYPAM.

If you are going to have a surgery, tell the surgeon or anaesthetist that you are taking HYPAM.

If you are going to have any blood tests, tell your doctor that you are taking HYPAM.

Do not take HYPAM to treat any other complaints unless your doctor tells you to.

Do not give this medicine to anyone else, even if they have the same condition as you.

HYPAM causes drowsiness and tiredness and therefore may affect how alert you are. Even if you take HYPAM at night, you may still be drowsy or dizzy the next day. **Be careful when driving, operating machinery or performing jobs that need you to be alert, until you are certain that HYPAM is not affecting your performance.**

Do not take HYPAM where a full night's sleep is not possible and the next day you need to be active and functional.

Avoid alcohol while taking HYPAM. Drinking alcohol while affect how well HYPAM works and can make you more sleepy, dizzy or lightheaded.

Do not stop taking HYPAM without first checking with your doctor. Stopping this medicine suddenly may cause some unwanted effects, e.g. Rebound insomnia. The dose should be lowered gradually to minimize such effects. Discuss with your doctor how this could be done.

In case of overdose

You should only take the number of tablets that you have been told.

Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any HYPAM by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the container of HYPAM with you if you can.

Keep telephone numbers for these places handy.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking HYPAM.

All medicines can have some unwanted effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- Drowsiness, dizziness, lightheadedness
- Difficulty concentrating

These side effects are usually mild and are dose related.

Tell your doctor immediately if you experience:

- Confusion, memory loss
- Visual problems
- Nervousness, excitation or aggressive behaviour
- Falling (especially in the elderly)
- Hallucinations, sleep walking or other behaviours while you are asleep
- Feeling depressed
- Altered mood
- Difficulty with coordination
- Rebound insomnia
- Pains or cramps
- Nausea, vomiting

If any of the following happen, stop taking HYPAM and tell your doctor immediately, or go to accident and emergency at your nearest hospital:

- Swelling of the face, lips, mouth or throat which may cause difficulty in swallowing or breathing

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your doctor or pharmacist.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

After taking HYPAM

Storage

Keep your HYPAM tablets in the bottle until it is time to take them.

Keep your tablets in a cool dry place where the temperature stays below 25°C. Avoid exposure to heat, light and moisture.

Do not store HYPAM, or any other medicine, in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking HYPAM or if the tablets have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

Product description

What HYPAM tablets look like

HYPAM 0.125mg tablets are flat, oval shaped, white tablets that are marked with "TZ" on one side and a break line on the other.

HYPAM 0.25mg tablets are flat, oval shaped, blue tablets that are marked with a "TZ" on one side and a break line on the other.

Ingredients

Active ingredient:

HYPAM tablets contain 0.125mg or 0.25mg of triazolam as the active ingredient.

Inactive ingredients:

HYPAM tablets also contain:

- lactose monohydrate
- maize starch
- microcrystalline cellulose
- povidone
- colloidal silicon dioxide
- sodium lauryl sulphate
- sodium starch glycollate
- magnesium stearate
- indigo carmine (FD & C Blue No. 2) (0.25mg only)

HYPAM contains sugars as lactose.

If you want to know more

Should you have any questions regarding this product, please contact your doctor or pharmacist.

Who supplies this medicine

HYPAM is supplied in New Zealand by:

Viatrix Ltd,
PO Box 11183,
Ellerslie,
AUCKLAND
www.viatrix.co.nz
Telephone 0800 168 169

Date of Preparation

24 March 2022 (Based on data sheet dated 24 March 2022)