

Minims® Pilocarpine

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Minims Pilocarpine?

Minims Pilocarpine contains the active ingredient pilocarpine nitrate. Minims Pilocarpine is commonly used at the end of an eye examination to return the size of the pupil back to normal. It is also used to decrease pressure in the eye, by allowing more fluid to flow out from within the eye, and help control glaucoma (a condition in which the pressure of fluid in the eye may be high).

For more information, see Section [1. Why am I using Minims Pilocarpine?](#) in the full CMI.

2. What should I know before I use Minims Pilocarpine?

Do not use if you are allergic to any medicine containing pilocarpine or to any of the ingredients listed at the end of this leaflet. Do not use if you have an inflammation in the eye(s), pupillary block glaucoma (a condition that prevents normal flow of fluid through the pupil), have or have had detached retina or conditions that predispose to detachment of the retina. Do not use while wearing soft contact lenses. **Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use Minims Pilocarpine?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Minims Pilocarpine and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Minims Pilocarpine?

Your doctor will normally instil the drops into your eyes for you. The usual dose is one or two drops instilled into the eye.

If your doctor instructs you to instil the drops, more instructions can be found in Section [4. How do I use Minims Pilocarpine?](#) in the full CMI.

5. What should I know while using Minims Pilocarpine?

| | |
|------------------------------------|---|
| Things you should do | <ul style="list-style-type: none">• If you are about to be started on any new medicine, remind your doctor and pharmacist that you are using Minims Pilocarpine.• Tell any other doctors, dentists and pharmacists who treat you that you are using this medicine. |
| Things you should not do | <ul style="list-style-type: none">• Do not stop using Minims Pilocarpine before first talking to your doctor. If you stop using your eye drops, your eye pressure may rise again and damage to your eye may occur.• Do not use this medicine to treat any other complaints unless your doctor tells you to.• Do not give this medicine to anyone else, even if you think they have the same condition as you. |
| Things to be careful of | <ul style="list-style-type: none">• Be careful before you drive, use any machines or perform tasks at night or in poor light until you know how Minims Pilocarpine affects you. It may cause blurred vision for a short time and difficulty adapting to the dark. Allow enough time to regain clear vision before performing such activities. |
| Looking after your medicine | <ul style="list-style-type: none">• Keep the unopened eye drops in a refrigerator (2-8°C) where children cannot reach them. Do not freeze the eye drops or expose them to strong light. |

For more information, see Section [5. What should I know while using Minims Pilocarpine?](#) in the full CMI.

6. Are there any side effects?

All medicines can have side effects. If they do occur, they are usually minor and temporary. Do not be alarmed by this list. You may not experience any of them. Less serious side effects include: blurred vision, burning, stinging, redness or watering of the eyes, local irritation or feeling of having something in the eye, poor night vision, short sightedness, headache or browache. Serious side effects include: increased sweating, muscle tremors, nausea and/or vomiting, diarrhea, watering of the mouth, trouble breathing or wheezing, swelling of the face, lips, tongue or other parts of the body, rash, itching or hives on the skin.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Minims[®] Pilocarpine

Active ingredient: *Pilocarpine nitrate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Minims Pilocarpine. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Minims Pilocarpine.**

Where to find information in this leaflet:

- [1. Why am I using Minims Pilocarpine?](#)
- [2. What should I know before I use Minims Pilocarpine?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Minims Pilocarpine?](#)
- [5. What should I know while using Minims Pilocarpine?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Minims Pilocarpine?

Minims Pilocarpine contains the active ingredient **pilocarpine nitrate**. Minims Pilocarpine belongs to a family of medicines called parasympathomimetics.

Minims Pilocarpine is commonly used at the end of an eye examination to return the size of the pupil back to normal. It is also used to decrease pressure in the eye, by allowing more fluid to flow out from within the eye, and help control glaucoma (a condition in which the pressure of fluid in the eye may be high).

2. What should I know before I use Minims Pilocarpine?

Warnings

Do not use Minims Pilocarpine if:

- You are allergic to any medicine containing pilocarpine.
- You are allergic to any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- You have a condition known as iritis, an inflammation of the coloured part of the eye.
- You have a condition known as uveitis, a serious inflammation of the eye.
- You have a certain type of glaucoma called "pupillary block glaucoma", a condition that prevents normal flow of fluid through the pupil.
- You have iridocyclitis, a condition that makes parts of the eyes swollen and inflamed.
- You have certain forms of secondary glaucoma (a type of glaucoma that happens due to another eye problem or health condition).
- You have or have had detached retina (back part of the eye) or conditions that predispose to detachment of the retina.

- You are wearing soft contact lenses. Remove them before instilling Minims Pilocarpine into your eye(s).

Check with your doctor if:

- You have had an allergy to any other medicines, foods, preservatives or dyes.
- You have inflamed eye(s) or damaged or scratched cornea.
- You have or have had breathing difficulties or lung problems or predisposition to lung problems (e.g. asthma).
- You have or have had heart problems.
- You have stomach ulcer.
- You have urinary tract obstruction.
- You have Parkinson's disease.
- You are to have eye surgery.
- A child who has primary congenital glaucoma (a rare form of childhood glaucoma) has been prescribed with Minims Pilocarpine.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

This medicine has been developed for use in the eye only. It should not be swallowed or injected.

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and Minims Pilocarpine may interfere with each other. These medicines may be affected by Minims Pilocarpine or may affect how well it works. These include:

- Atropine and related medicines
- Cyclopentolate
- Corticosteroids
- Systemic anticholinergics
- Antihistamines
- Pethidine
- Sympathomimetics or tricyclic antidepressants
- Other medicines or eye drops for glaucoma or for returning the size of the pupil back to normal.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Minims Pilocarpine.

4. How do I use Minims Pilocarpine?

Follow all directions given to you by your doctor or pharmacist carefully. They may differ from the information contained in this leaflet.

If you do not understand the instructions in this leaflet, ask your doctor or pharmacist for help.

How much to use

- Use Minims Pilocarpine only when prescribed by your doctor. Your doctor will tell you how often to use the eye drops and how many drops to use each time.
- The usual dose of Minims Pilocarpine is one or two drops instilled into the eye(s).

How to use Minims Pilocarpine

If you are wearing soft contact lenses, remove them before putting the drops in your eye(s).

You may find it easier to put drops in your eye while you are sitting or lying down.

In most cases, your doctor will instil the eye drops. However, if you are required to instil the drops, follow the steps below:

1. Wash your hands well with soap and water.
2. Shake the container.
3. Break the seal.
4. Hold the container upside down in one hand between your thumb and forefinger.
5. Using your other hand, gently pull down your lower eyelid to form a pouch or pocket.
6. Tilt your head back and look up.
7. Put the tip of the container close to your lower eyelid. Do not let it touch your eye.
8. Release the required number of drops into the pouch or pocket formed between your eye and eyelid by gently squeezing the container.
9. Close your eye. Do not blink or rub your eye.
10. While your eye is closed, place your index finger against the inside corner of your eye and press against your nose for about two minutes (or one minute, when administering to children). This will help to stop the medicine from draining through the tear duct to the nose and throat, from where it can be absorbed into other parts of your body.
11. Repeat steps 4-10 for the other eye if needed.
12. Throw away any eye drops left in the container.
13. Wait at least 15 minutes before replacing your soft contact lenses.

If you use too much Minims Pilocarpine

If you accidentally put more drops in your eyes than advised by your doctor, immediately rinse your eye(s) with warm water.

Accidental swallowing of the solution is unlikely to cause any bad side effects due to the low content of pilocarpine nitrate.

If you think that an infant or young age child may have swallowed any or all of the contents of the container of Minims Pilocarpine, you should immediately:

- phone the Poisons Information Centre (in New Zealand phone 0800 764 766), or
- contact your doctor.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Minims Pilocarpine?

Things you should do

- If you are about to be started on any new medicine, remind your doctor and pharmacist that you are using Minims Pilocarpine.
- Tell any other doctors, dentists and pharmacists who treat you that you are using this medicine.

Things you should not do

- Do not stop using Minims Pilocarpine before first talking to your doctor. If you stop using your eye drops, your eye pressure may rise again and damage to your eye may occur.
- Do not use this medicine to treat any other complaints unless your doctor tells you to.
- Do not give this medicine to anyone else, even if you think they have the same condition as you.

Driving or using machines

Be careful before you drive or operate any machines until you know how Minims Pilocarpine affects you.

Minims Pilocarpine may cause blurred vision for a short period of time when it is instilled into the eye. Allow sufficient time to regain clear vision before driving or using machines.

Driving or performing tasks at night and in poor light

Be careful at night and in poor light until you know how Minims Pilocarpine affects you.

Minims Pilocarpine may cause difficulty adapting to the dark. Caution is advised with driving or performing hazardous tasks in poor light.

Looking after your medicine

Keep the unopened eye drops in a refrigerator (2-8°C) where children cannot reach them. Do not freeze the eye drops or expose them to strong light.

When to discard your medicine

Discard each single dose unit and any remaining solution in it immediately after use. Do not save unused contents.

Getting rid of any unwanted medicine

If your doctor tells you to stop using the eye drops, if it is out of date or if the packaging is torn or shows signs of tampering, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date printed on the pack.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Side effects

| Less serious side effects | What to do |
|--|--|
| <ul style="list-style-type: none">blurred vision and/or problems seeing clearlypain, burning, stinging, itching, redness or watering of the eyeslocal irritation or feeling of having something in the eyepoor night visionshort sightednessheadache or browache. | Speak to your doctor if you have any of these less serious side effects and they worry you. |

| Serious side effects | What to do |
|---|---|
| <ul style="list-style-type: none">increased sweatingmuscle tremorsnausea and/or vomitingdiarrheatrouble breathing or wheezingwatering of the mouthshortness of breathswelling of the face, lips, tongue or other parts of the bodyrash, itching or hives on the skin. | Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects. |

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects online (in New Zealand, go to <https://nzphvc.otago.ac.nz/reporting>). By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What Minims Pilocarpine contains

| | |
|--|------------------------------|
| Active ingredient (main ingredient) | Pilocarpine nitrate (2% w/v) |
|--|------------------------------|

| | |
|---|----------------|
| Other ingredients (inactive ingredients) | Purified water |
|---|----------------|

Do not take this medicine if you are allergic to any of these ingredients.

The eye drops do not contain any preservatives.

What Minims Pilocarpine looks like

Minims Pilocarpine comes in single dose units (polypropylene tubes) containing 0.5mL of a clear, colourless sterile ophthalmic solution. Each tube is wrapped in a polyester/paper blister. The blisters are packed in cartons of 20 units.

Who distributes Minims Pilocarpine

In New Zealand, Minims Pilocarpine is supplied by:

Bausch & Lomb (NZ) Ltd

c/- Bell Gully

Auckland Vero Centre

48 Shortland Street

Auckland 1140

New Zealand

Toll free number: 0508375394

This leaflet was prepared in April 2025.