PACKAGE LEAFLET: INFORMATION FOR THE PATIENT

MORNINGSIDE HEALTHCARE

Cyclizine Hydrochloride

50 mg Tablets

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

What is in this leaflet:

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

1. What Cyclizine Tablets are and what they are used for

The name of your medicine is Cyclizine Hydrochloride 50mg Tablets. Cyclizine Tablets contains the active ingredient cyclizine hydrochloride, which belongs to a group of medicines called antihistamines which can be used to help stop you feeling sick (nausea) or being sick (vomiting).
Cyclizine Tablets may be used by adults and children aged 6 years and over. Cyclizine Tablets may be used if you suffer from travel or motion sickness; nausea caused by cancer treatment (radiography) or other medicines; or if you have had an operation, as general anaesthetics can sometimes cause sickness.
Cyclizine Tablets can also be used to treat sickness caused by some inner ear problems such as Meniere's disease.

2. What you need to know before you take Cyclizine Tablets

Do not take Cyclizine Tablets if:
- you have ever had an allergic reaction to cyclizine or any of the other ingredients of this medicine (allergic reactions include mild symptoms such as itching and/or rash. More severe symptoms include swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing).
- you have been drinking alcohol. The anti-vomiting properties of cyclizine may increase the toxicity of alcohol.

Warnings and precautions
Talk to your doctor or pharmacist before taking Cyclizine Tablets if you:
- suffer from an eye disease caused by a rise of pressure within the eye (glaucoma),
- suffer from urinary retention (experience difficulty passing urine),
- have an obstructive bowel condition,
- have any **liver problems**,
- suffer from phaeochromocytoma (tumour of the medulla of the adrenal glands),
- suffer from high blood pressure,
- have **epilepsy**,
- are a man and you suffer from an enlarged prostate gland (difficulty or slowness passing urine),
- have been told your heart is not working properly (heart failure),
- suffer from an inherited disorder which can lead to a sensitivity to sunlight (porphyria).

Children
Cyclizine Tablets should not be used in children under the age of 6 years.

Other medicines and Cyclizine Tablets
Tell your doctor or pharmacist if you are taking any other medicines especially the following:
- medicines for problems such as **depression**, anxiety or difficulty in sleeping,
- strong **painkillers** such as pethidine,
- any medicine which belong to a group of medicines called anticholinergics.

Please tell your doctor or pharmacist if you are taking or have recently taken or might take any other medicines including those you have obtained without a prescription.

Cyclizine Tablets with food and drink
Alcohol should be avoided when you are taking Cyclizine Tablets.

Pregnancy and breast-feeding
You **should not** take Cyclizine Tablets if you are pregnant or planning to become pregnant unless your doctor feels it is necessary. You should **not** take Cyclizine Tablets if you are breast-feeding.

Driving and using machines
You can drive while taking Cyclizine Tablets but do not drive until you know how the tablets affect you. Cyclizine Tablets may make you feel dizzy. If they affect you in this way, **do not** drive or operate any machinery.

Cyclizine Tablets contain lactose
If you have been told that you have **intolerance to some sugars**, talk to your doctor before taking these tablets.

Important information about Cyclizine Tablets
This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Cyclizine Tablets

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

Adults
The recommended dose is one tablet up to three times daily.

Use in children and adolescents
Children over 12 years
The recommended dose is one tablet up to three times daily.

Children from 6 to 12 years
The recommended dose is half a tablet up to three times a day.

Children under 6 years
Do not give this medicine to children under the age of 6.

The tablets should be swallowed with a little water.

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If you take more Cyclizine Tablets than you should
Symptoms of overdose include dry mouth, nose and throat, blurred vision, fast or irregular heartbeat, difficulty passing urine, drowsiness, dizziness, lack of balance and coordination, weakness, excitability, disorientation, impaired judgement, hallucinations, muscle spasm, involuntary movements, convulsions, high temperature and difficulty breathing.
If you take more Cyclizine Tablets than you should, contact your doctor or nearest hospital emergency department **immediately**.

Remember to take this leaflet and/or the package with you to show the doctor what you have taken.

If you forget to take Cyclizine Tablets
If you forget to take a dose, just take the next dose at the usual time, **DO NOT** take a double dose.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Serious side effects:
If you notice:
- itching or skin rashes,
- swelling of the face, lips or throat,
- difficulty in breathing or wheeziness, **stop taking the tablets and tell your doctor immediately. These may be signs of an allergic reaction.**

Other side effects:
- unpleasant sensation or an overwhelming urge to move the legs (also called Restless Legs Syndrome)
- skin rashes or itching,
- drowsiness,
- lack of coordination,
- headache,
- a dry mouth, nose or throat,
- blurred vision,
- fast heartbeat,
- irregular heartbeat,
- difficulty in passing water,
- constipation,
- heartburn (reflux),
- feeling sick,
- being sick,
- diarrhoea,
- stomach pain,
- loss of appetite,
- restlessness,
- nervousness,
- euphoria,
- difficulty in sleeping,
- ringing in ears,
- seeing or hearing things that are not really there (hallucinations),
- decrease in muscle tone,
- unusual body movements, particularly of your hands, arms or legs,
- muscle twitches, spasms or tremors,
- seizures,
- being confused, disorientated or unaware,
- dizziness,
- feeling weak,
- decreased consciousness,
- temporary difficulty in speaking,
- high blood pressure,
- low blood pressure,
- pins and needles,
- yellowing of the skin and the whites of your eyes (jaundice),
- a red or brownish patch which appears at the same spot each time you take the medicine,
- an increased sensitivity to sunlight (photosensitivity),
- inflammation of the liver (hepatitis) or problems with the liver,
- reduced rate of breathing (apnoea),
- reduction in the production of a type of white blood cell making infection more likely (agranulocytosis).

If you feel very tired, experience unexpected bruising or bleeding or more infections (e.g. colds and sore throats) than usual please tell your doctor. Your doctor may decide to conduct tests on your blood periodically as a result of these symptoms.

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. By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Cyclizine 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 carton and blister after EXP. The expiry date refers to the last day of that month.

Keep the blisters in the outer carton in order to protect from light.

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 Cyclizine Tablets contain
The active substance is cyclizine hydrochloride. Each tablet contains 50mg cyclizine hydrochloride.
The other ingredients are lactose monohydrate, maize starch, sodium starch glycolate, povidone, colloidal anhydrous silica and magnesium stearate.

What Cyclizine Tablets look like and contents of the pack
Cyclizine Tablets are white to off-white, circular shaped, flat bevelled uncoated tablets with central break line on one side and plain on other.

Tablets are supplied in blister packs of 30, 100 tablets.

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This leaflet was last revised in April 2025.

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Artwork for:	Morningside Pharmaceuticals Ltd
Product name:	Cyclizine Hydrochloride 50mg Tablets
Size:	30 or 100
PL/PA no:	PL 20117/0216
Type:	Leaflet
Artwork dimensions:	200mm x 280mm
Reason for request:	Type IAin bulk submission
Version no:	1.1C
Date of revision:	
Colours:	As swatches
Font(s):	Nimbus Sans L
A/W software:	



Black

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