Dihydrocodeine tablets

This medicine is an opioid, which can cause addiction. You can get withdrawal symptoms if you stop taking it suddenly.

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

What Dihydrocodeine tablets are and what they are used for

This medicine has been prescribed for your relief of moderate to severe pain, such as the pain of sciatica (nerve pain of the leg/back), joint and bone pain (osteoarthritis, rheumatoid arthritis and arthritis of the spine), nerve pain, pain following blood vessel disease, cancer or after operations. It contains dihydrocodeine which belongs to a class of medicines called opioids, which are pain relivers. This medicine has been prescribed for you and should not be given to anyone else. Opioids can cause addiction and can lead to withdrawal symptoms if you stop taking it suddenly. Your doctor should have explained how long you will be taking it for, when it is appropriate to stop and how to do this safely.

Children and adolescents

For children under 12 years, a more suitable dosage form is recommended.

Other medicines and Dihydrocodeine tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Especially medicines:

- treating allergies (antihistamines)
- used to treat sickness (cyclazine, metoclopramide or domperidone)
- to aid sleep (hypnotics)
- treating anxiety (anxiolytics)
- treating depression such as monoamine oxidase inhibitors (MAOIs e.g. moclobemide, linezolid) or tricyclic antidepressants (e.g. amitriptyline)
- treating mental illness (antipsychotic medicines e.g. haloperidol, sulpride)
- such as mesoline (used to control heart rhythm)
- such as cimetidine (to treat stomach ulcers)
- used in anaesthesia (important if you have recently or are about to receive treatment where an anaesthetic may be used)
- used to treat HIV infections (e.g. ritonavir).

Concomitant use of Dihydrocodeine tablets and certain medicines such as benzodiazepines or related drugs increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, concomitant use should only be considered

Taking this medicine regularly, particularly for a long time, can lead to addiction. Your doctor should have explained how long you will be taking it if, when it is appropriate to stop and how to do this safely.

Taking this medicine too often or for too long can make withdrawal symptoms worse.

Taking a painkiller for headaches too often or for too long can make them worse.

Rarely, increasing the dose of this medicine can make you more sensitive to the effects of other medicines. Speak to your doctor or pharmacist if you feel you need to take more.

Concomitant use of Dihydrocodeine tablets and sedative medicines such as treatment of anxiety or sleep (meprobamate, diazepam, temazepam, alprazolam) may increase the risk of addiction. Oversed and misuse can lead to overdose and/or death.

Dihydrocodeine tablets

A more suitable dosage form for children under 12 years, a more suitable dosage form is recommended.

Pharmaceuticals and health professionals should be aware of the risk of misuse and addiction of Dihydrocodeine tablets.

Children and adolescents

For children under 12 years, a more suitable dosage form is recommended.

Other medicines and Dihydrocodeine tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Especially medicines:

- treating allergies (antihistamines)
- used to treat sickness (cyclazine, metoclopramide or domperidone)
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- used in anaesthesia (important if you have recently or are about to receive treatment where an anaesthetic may be used)
- used to treat HIV infections (e.g. ritonavir).

Concomitant use of Dihydrocodeine tablets and certain medicines such as benzodiazepines or related drugs increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, concomitant use should only be considered...
when other treatment options are not possible. However, if your doctor does prescribe Dihydrocodeine tablets together with sedative medicines the dose and duration of concomitant treatment should be limited by your doctor. Please tell your doctor about all sedative medicines you are taking and follow your doctor’s dose recommendation closely. It could be helpful to inform friends or relatives to be aware of the signs and symptoms stated above. Contact your doctor when experiencing such symptoms.

**Dihydrocodeine tablets and alcohol**

Alcohol should be avoided whilst taking Dihydrocodeine tablets.

**Pregnancy and breast-feeding**

Do not take Dihydrocodeine tablets if you are pregnant or think you might be pregnant unless you have discussed this with your doctor and the benefits of treatment are considered to outweigh the potential harm to the baby. If you use Dihydrocodeine tablets during pregnancy, your baby may become dependent and experience withdrawal symptoms after the birth which may need to be treated. Do not take Dihydrocodeine tablets while you are breastfeeding as Dihydrocodeine passes into breast milk and will affect your baby.

**Driving and using machines**

Dihydrocodeine tablets may reduce your ability to think clearly. Effects such as drowsiness, dizziness, spinning sensations, muscle rigidity, visual disturbances, drowsiness, confusion, fainting or hallucinations may occur. Do not drive or operate machinery if affected.

The medicine can affect your ability to drive as it may make you sleepy or dizzy. Do not drive whilst taking this medicine until you know how it affects you. It is an offence to drive if this medicine affects your ability to drive. However, you would not be committing an offence if:

- The medicine has been prescribed to treat a medical or dental problem and
- You have taken it according to the instructions given by the doctor or in the information provided with the medicine and
- It was not affecting your ability to drive safely

Talk to your doctor or pharmacist if you are not sure whether it is safe for you to drive while taking this medicine.

**Dihydrocodeine tablets contain lactose.**

If you have been told you have an intolerance to some sugars, contact your doctor before taking this medicine.

**Consult your doctor if you have any of the following side effects:**

- Headache
- Dizziness
- Feeling or being sick
- Diarrhoea
- Shaking, shivering or sweating
- Confusion
- Muscle weakness
- Difficulty in breathing
- Muscle rigidity

When you stop taking Dihydrocodeine tablets, you may experience drug withdrawal symptoms, which may include restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat (palpitations), increased blood pressure, feeling or being sick, diarrhoea, shakiness or sweating.

**Drug Withdrawal**

When you stop taking Dihydrocodeine tablets, you may experience drug withdrawal symptoms, which include restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat (palpitations), increased blood pressure, feeling or being sick, diarrhoea, shakiness or sweating.

**How do I know if I am addicted?**

If you notice any of the following signs whilst taking Dihydrocodeine tablets, it could be a sign that you have become addicted:

- You need to take the medicine for longer than advised by your doctor
- You feel you need to use more than the recommended dose
- You are using the medicine for reasons other than as prescribed
- When you stop taking the medicine you feel unwell, and you feel better once taking the medicine again.

If you notice any of these signs, it is important you talk to your doctor.

**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.yellowcardcurr.gov.uk 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.

**How to store Dihydrocodeine tablets**

Keep out of the sight and reach of children. Store below 25°C in a dry place, protected from light. Do not take or dispose of 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.

**Contents of the pack and other information**

**What Dihydrocodeine tablets contain**

- The active substance (the ingredient that makes the tablets work) is 30 mg of dihydrocodeine tartrate.
- The other ingredients are calcium carbonate, maize starch, polyethylene glycol 3350, magnesium stearate, microcrystalline cellulose (E460).

**What Dihydrocodeine tablets look like and contents of the pack**

Dihydrocodeine tablets are white, uncoated tablets. Pack sizes are 28, 30 and 100 tablets.

**Marketing Authorisation Holder and Manufacturer**

Accord, Barnstaple, EX2 8NS, UK.

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**Dihydrocodeine, Tablets, 30 mg, 28s & 30s, 100s - UK**

- **JDE No.:** 50987528
- **Dimensions:** 148x210 (Reel Fed)
- **Component:** Leaflet for Blisters
- **Pharmacode:** 4306
- **Date Sent:** 04-02-20
- **Technologist:** RH
- **Technically Approved**

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**References:**

- No references provided in the text.