What should I know about Lariam?

- Lariam is a prescription medicine used to prevent and treat malaria. Malaria is a life-threatening infection. Lariam does not work for all types of malaria.
- As instructed by your doctor, you must take Lariam: before you travel, during your stay and after your return from a malaria area.
- Do not take Lariam if you have, or have ever had some mental health problems because Lariam may cause serious mental health problems in some people including **suicide, suicidal thoughts and self-endangering behaviour**.

Do not take Lariam if you have, or have ever had:

- depression, thoughts about suicide
- any other mental health problem, including anxiety disorder, schizophrenia or psychosis (losing touch with reality)
- fits (seizures or convulsions)
- an allergy to quinine, quinidine, Lariam or any of its ingredients
- severe liver problems
- Blackwater fever (a complication of malaria that affects the blood and kidneys)

Do not take Lariam if you are currently taking:

- a medicine for malaria called Halofantrine.

When should I seek advice from my health care provider?

- When taking Lariam, it is important to be aware of its possible side effects. Unusual changes in mood or behaviour, mental health problems and fits are all side effects which may occur when taking Lariam.

Do not start taking Lariam if you are at risk of developing such side effects. *(Please refer to the section of this card entitled **Do not take Lariam if you have, or have ever had...**).*

Lariam may cause serious mental health problems in some people. Tell your doctor right away if you experience any of the following while taking Lariam:

- suicidal thoughts
- self-endangering behaviour
- severe anxiety
- feelings of mistrust towards others
- seeing or hearing things that are not there
- depression
- feeling restless
- unusual behaviour
- feeling confused

Please seek medical help immediately if you experience serious mental health problems while taking Lariam.

Lariam should be stopped immediately and replaced with another medicine to prevent malaria.

Other side effects from Lariam may include:

Fits (seizures or convulsions), liver problems, heart problems, nausea, vomiting, diarrhoea, abdominal pain, dizziness or loss of balance (vertigo), headache, sleeping problems (sleepiness, unable to sleep, bad dreams).

How to take Lariam:

- Take the tablets once a week, always on the same day.
- Start taking the 1st dose of Lariam 10 days before you leave: this is to make sure that Lariam administration is well tolerated.
- Take the 2nd dose 3 days before you leave.
- You should continue taking the tablets throughout your stay and for 4 weeks after your return.

When should I get advice from my doctor?

- At any time: if you experience side effects.
- If you are not sure if you have had any of the problems listed in the section entitled: ***Do not take Lariam if you have, or have ever had…***
- If you think you might have any of the mental health side effects listed in the section entitled: ***Lariam may cause serious mental health problems in some people…***

Lariam® 250mg
(mefloquine)

This card should only be given to patients prescribed Lariam.

This card tells you about important possible mental health side effects with Lariam.

Also read the Patient Leaflet that comes with this medicine - this gives you the full information about Lariam.

Keep this card with you at all times.

Present this card to every doctor or pharmacist you see.

I am taking malaria chemoprophylaxis with Lariam® (mefloquine).

Name:

Address:

Birth date:

Other medicines/conditions:

In case of emergency, please notify:

Doctor's name:

Doctor's phone:

Doctor's stamp:

Please also notify:

Name:

Phone:

Relationship:

Patient Alert Card

Lariam® 250mg
(mefloquine)

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