

**PACKAGE LEAFLET:  
INFORMATION FOR THE USER**

## **Cystrin® 3mg and 5mg Tablets**

oxybutynin hydrochloride

SANOFI 



**Is this leaflet hard to see  
or read?**

**Phone 01 403 5600 for  
help**

**Read all of this leaflet carefully before  
you start taking this medicine**

- 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.

**In this leaflet:**

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

### **1. What Cystrin Tablets are and what they are used for**



#### **What Cystrin Tablets are**

Cystrin Tablets contain a medicine called oxybutynin hydrochloride. This belongs to two groups of medicines called 'anticholinergics' and 'antispasmodics'.

#### **How Cystrin Tablets work**

It works by relaxing the muscles of the bladder and stops sudden muscle contractions (spasms). This helps control the release of water (urine).

#### **What Cystrin Tablets are used for**

Cystrin Tablets can be used to treat:

- Loss of control in passing water (urinary incontinence)
- Increased need or urgency to pass water (urine)
- Night time bedwetting in children 5 years or older, when other treatments have not worked

Cystrin Tablets can be used in children 5 years or older to treat:

- Loss of control in passing urine (urinary incontinence)
- Increased need or urgency to pass urine
- Night time bedwetting, when other treatments have not worked.

### **2. What you need to know before you take Cystrin Tablets**



**Do not take this medicine and tell  
your doctor if:**

- × You are allergic (hypersensitive) to oxybutynin hydrochloride or any of the other ingredients of Cystrin Tablets (listed in Section 6 Contents of the pack and other information).

- × Signs of an allergic reaction include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue
- × You have a rare muscle illness called 'Myasthenia gravis'
- × You have increased pressure in the eye (glaucoma)
- × Your gut (stomach or intestine) is blocked, perforated or not working properly
- × You have a severe form of a condition known as 'ulcerative colitis'
- × You have a blockage that makes it difficult for you to pass water (urine)
- × The patient is a child under 5 years of age
- × You currently suffer from a condition known as hiatus hernia whereby part of your stomach protrudes into the upper abdomen
- × If you have had surgery of the small intestine
- × If you have severe/life threatening inflammation of the colon (toxic megacolon/severe ulcerative colitis)
- × You have a fever, high body temperature or you are in a hot environment.

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Cystrin Tablets



**Take special care with Cystrin Tablets  
Check with your doctor or pharmacist  
before taking your medicine if:**

- ▲ You have kidney or liver problems
- ▲ You are 65 years of age or older.  
The product should be used with caution in elderly due to the risk of cognitive impairment such as memory loss, etc...

**Turn  
Over**

- ▲ The person taking the medicine is a child (use is not recommended under 5 years of age)
- ▲ Children over 5 may be more sensitive to the effects of the product
- ▲ You have an illness affecting the nerves called 'autonomic neuropathy'
- ▲ You have Parkinson's disease
- ▲ You have an overactive thyroid gland (Hyperthyroidism)
- ▲ You have heart disease or high blood pressure
- ▲ You suffer from liver enzyme disorders
- ▲ You have an irregular heartbeat (palpitations) and/or increased or rapid heart beat
- ▲ You have an enlarged prostate gland
- ▲ You suffer from gastrointestinal disorders
- ▲ You have indigestion or heart burn caused by a 'hiatus hernia' (where part of your stomach pushes through the diaphragm)
- ▲ You suffer from ulcerative colitis
- ▲ You have a disorder called porphyria, a rare blood disorder
- ▲ You will be taking this medicine in a hot climate. Cystrin can make you more prone to decreased sweating which can cause heat stroke. If you develop a fever while taking this medicine contact your doctor or hospital immediately to seek medical advice.
- ▲ Cystrin may reduce the amount of saliva resulting in tooth decay or fungal infection of the mouth.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Cystrin Tablets.



### Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines you buy without a prescription, including herbal medicines. This is because Cystrin Tablets can affect the way some other medicines work. Also some medicines can affect the way Cystrin Tablets works.

In particular, tell your doctor if you are taking any of the following:

- Other anticholinergic medicines – such as some medicines for irritable bowel syndrome, asthma or incontinence
- Medicines for stomach and bowel related problems
- Medicines used to make you feel sleepy (sedatives) or if you are feeling sick (nausea) or have vertigo - such as prochlorperazine or chlorpromazine
- Medicines used to treat certain mental illnesses - such as haloperidol or benperidol (butyrophenones)
- Medicines for depression - such as amitriptyline, imipramine or dosulepin (tricyclic antidepressants)
- Bisphosphonates, as the risk of oesophagitis (inflammation of the lining of the oesophagus) may be increased
- Amantadine - used in Parkinson's disease or to treat and prevent some virus infections
- L-dopa, biperiden - used to treat Parkinson's disease
- Quinidine, digoxin - used to treat heart problems
- Some anti-histamines
- Alcohol - as drowsiness may be increased

- CYP 3A4 inhibitors
- Cholinesterase inhibitors - used in the treatment of Alzheimer's

### Pregnancy and breast-feeding

Talk to your doctor before taking this medicine if

- You are pregnant, might become pregnant or think you may be pregnant
- You are breast-feeding or planning to breast feed. This is because small amounts may pass into mothers' milk

Ask your doctor or pharmacist for advice before taking any medicine if you are pregnant or breast-feeding.

It is not recommended to take Cystrin when pregnant or while breast-feeding.



### Driving and using machines

You may feel drowsy or have blurred vision while you are taking this medicine. If this happens, do not drive or use any tools or machines.

### Important information about some of the ingredients of Cystrin Tablets

This medicine contains:

- Lactose: If you have been told by your doctor that you cannot tolerate or digest some sugars (have an intolerance to some sugars), talk to your doctor before taking this medicine.

### 3. How to take Cystrin Tablets

Always take Cystrin Tablets exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

### Taking this medicine

- Take this medicine by mouth
- Swallow the tablets with a glass of water

- Do not give this medicine to children under 5 years old
- If you feel the effect of your medicine is too weak or too strong, do not change the dose yourself, but ask your doctor

### How much to take

#### Adults

- The usual starting dose is one 5mg tablet two or three times each day
- Your doctor may decide to increase to the maximum dose of 5mg four times each day

#### Elderly

- You may be started on a lower dose which your doctor may increase during your course of treatment

#### Children (over 5 years)

- The starting dose is one 3mg tablet twice each day
- The usual dose is 5mg to 15mg in divided doses
- Your doctor may decide to increase this to one 5mg tablet two or three times each day
- If you are giving it to a child to prevent bedwetting, give the last dose just before bedtime

### If you take more Cystrin Tablets than you should

If you take more Cystrin Tablets than you should, tell a doctor or go to a hospital casualty department straight away. Take the medicine pack with you. This is so the doctor knows what you have taken.

Taking too many Cystrin Tablets can be very dangerous. You may become very restless or excited, flush or get dizzy or lightheaded.

Your heart beat may become very fast, uneven or forceful. You may get breathing problems or numbness or go into a coma.

### If you forget to take Cystrin Tablets

If you forget a dose, take it as soon as you remember it. However, if it is nearly time for the next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose.

### If you stop taking Cystrin Tablets

Keep taking Cystrin Tablets until your doctor tells you to stop. Do not stop taking Cystrin Tablets just because you feel better.

## 4. Possible side effects

Like all medicines, Cystrin Tablets can cause side effects, although not everybody gets them.

### Stop taking Cystrin Tablets and see a doctor or go to a hospital straight away if:

Frequency unknown

- You have an allergic reaction. The signs may include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue
- You feel overheated, develop a fever or feel reduced sweating. This could be signs of heat stroke.

### Tell your doctor or pharmacist if any of the following side effects get serious or lasts longer than a few days:

Very common (affects more than 1 in 10 people)

- Constipation
- Nausea (feeling sick)
- Dry mouth
- Dry skin, rash or skin that is more sensitive to the sun
- Headache

- Somnolence (feeling drowsy or sleepy)
- Dizziness
- Blurring of vision

Common (affects 1 to 10 people in a 100 people)

- Dry eyes
- Diarrhoea
- Being sick (vomiting)
- Confusion
- Flushing especially in children

Uncommon (affects 1 to 10 people in a 1,000)

- Stomach pain
- Loss of appetite (anorexia)
- Difficulty in swallowing (dysphagia)

Frequency unknown

- Increased pressure in the eyes (glaucoma)
- Indigestion or heartburn (acid reflux)
- Urinary tract infection
- Heat stroke
- Difficulty passing water (urine)
- Agitation
- Anxiety
- Becoming dependent on Cystrin
- Feeling excessively suspicious and distrustful of others
- Mental Health disorders
- Seeing or hearing things that are not there (hallucinations)
- Drowsiness
- Nightmares
- Fits (convulsions)
- Depression
- Increased heart beat (tachycardia)
- Irregular heart beat (arrhythmia)
- Dilation of pupil (mydriasis)
- Itchy, lumpy rash (urticaria)
- Absence of sweating (hypohidrosis)
- Skin that is more sensitive to the sun (photosensitivity)

## 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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2;  
Tel: +353 1 6764971; Fax: +353 1 6762517.  
Website: [www.hpra.ie](http://www.hpra.ie)  
E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie).

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

## 5. How to store Cystrin Tablets

Keep out of the reach and sight of children. Do not use Cystrin Tablets after the expiry date which is stated on the label or carton after EXP. The expiry date refers to the last day of that month.  
Store below 30°C. Store in the original package.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## 6. Contents of the pack and other information

### What Cystrin Tablets contain

- Each tablet contains 3mg or 5mg of the active substance oxybutynin hydrochloride
- The other ingredients in both tablets are lactose, microcrystalline cellulose, calcium stearate and indigo carmine aluminium lake (E132)

### What Cystrin Tablets looks like and contents of the pack

- Cystrin 3mg Tablets are pale blue round tablets with OXB3 on one side. Supplied in blisters of 56 tablets
- Cystrin 5mg Tablets are pale blue round tablets with OXB5 on one side and a break line on the other side. Supplied in blisters of 84 tablets.

### Marketing Authorisation Holder and Manufacturer

**Marketing Authorisation Holder**  
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### Manufacturer

Sanofi Winthrop Industrie  
30-36 avenue Gustave Eiffel  
37000 Tours - France

This leaflet does not contain all the information about your medicine. If you have any questions or are not sure about anything, ask your doctor or pharmacist.

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