

Credanil/ Sinemet: Levodopa + Carbidopa

Medication Information Leaflet

What is this medication for?

Credanil/ Sinemet contains two medications: Levodopa and carbidopa.

This medication is used in the treatment of Parkinson's disease. Parkinson's disease is a progressive disorder of the nervous system that affects movement. This medication helps to improve muscle control and allows more normal body movements.

Levodopa is converted into a chemical called "dopamine" in the brain which helps to improve the symptoms of Parkinson's disease. Carbidopa helps Levodopa to work more effectively by slowing down the speed at which Levodopa is broken down in the body.

How should I take/use this medication?

- Do not stop taking Credanil/Sinemet without checking with your healthcare professional.
- You may take Credanil/Sinemet on an empty stomach. However, it may be taken with low-protein food if your stomach becomes irritated.
- Avoid taking Credanil/Sinemet with or after protein rich food (such as meats, fish, dairy products) as it may affect the absorption of the medication.
- Credanil/Sinemet is given at low dose in the beginning and may be increased slowly to achieve control
- It is important to follow regular dosing times and intervals in order to maintain the effects of this medication.

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You have glaucoma (high eye pressure)
- You are pregnant, planning to become pregnant, or breastfeeding



- You are taking any other medications, including supplements, traditional medications and herbal remedies.

What are some common side-effects of this medication?

- May cause sweat, urine and saliva to appear orange in colour
 - Do not be alarmed as this is a normal reaction by your body to the medication
- Nausea or vomiting
 - Can take Credanil/Sinemet with small snacks low in protein (like biscuits, fruit juice) if you experience nausea or vomiting
- Low blood pressure resulting in dizziness when getting up from a lying or sitting position
 - Get up slowly from a lying or sitting position to reduce chances of dizziness
 - Avoid driving or operating machinery
- Uncontrolled movements of the body
 - Discuss with your doctor if these involuntary movements persist

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

Some rare but serious side effects include:

- New or worsening behaviour or agitation
- Hallucinations (seeing or hearing things that are not there)
- Change in eyesight or eye pain
- Strong urges that are hard to control (such as eating, gambling, spending money)

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

What food or medication should I avoid when I take this medication?

Do not take Credanil/Sinemet if you have taken a medication for depression called a “non-selective monoamine oxidase inhibitor” (MAOI) in the last 14 days. These medicines include isocarboxazid and phenelzine.

Iron supplements (e.g. ferrous gluconate, ferrous sulphate, iron polymaltose) may decrease the absorption of Credanil/Sinemet. Space Credanil/Sinemet at least 2 hours apart from iron supplements.



The following medication may affect the efficacy of Credanil/Sinemet . Discuss with your healthcare professional regarding alternative medication

- Metoclopramide, a medication used for vomiting or digestion
- Amisulpride and Sulpiride used in treatment of mental health conditions

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing it into the rubbish chute or bin.

Disclaimers

Please take note that the above is not a complete list of all possible side effects. If you have any concerns about your medication or if you have other side effects that you think are caused by this medication, please consult your doctor or pharmacist.

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

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