

# **Benzhexol**

Medication Information Leaflet

## **What is this medication for?**

Benzhexol is used to reduce tremors, muscle stiffness and movement problems that are associated with Parkinson's disease and side effects from some medications used to treat mental conditions.

## **How should I take/use this medication?**

- Take Benzhexol as prescribed by your doctor. If you are prescribed a regular dose of benzhexol, do not stop taking it without checking with your healthcare professional.
- Benzhexol may be taken with or after food

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

If you are told by your doctor to take benzhexol regularly but 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 a history of:
  - Heart condition
  - Kidney condition
  - Liver condition
  - Glaucoma (High pressure in eyes)
  - Obstructive gastrointestinal condition
  - Enlarged prostate
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You may sweat less than usual and experience heat stroke when exercising or under hot weather conditions. Do not exercise for a long period of time. Take frequent breaks and do not exercise when it is very hot.

## What are some common side-effects of this medication?

- Dry mouth and throat
  - Suck sugar free candies, ice cubes to stimulate saliva production
- Constipation
  - Drink more water, eat more high fibre food
- Nausea
  - Take the medication with or after food to reduce nausea
- Dry skin

You should be careful when you do physical activities even as your condition improves so that you will not fall and injure yourself. Start your activities slowly so that your body can adjust to changes in balance and coordination.

Some patients may experience drowsiness, dizziness or blurred vision. Do not drive or use machinery until you know how this medication affects you.

## **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

Very rarely, this medication may cause:

- Confusion or agitation
- Hearing or seeing things that are actually not present
- Difficulty passing urine or a decrease in the amount of urine
- Fast or irregular heartbeat
- Eye pain

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?**

Avoid drinking alcohol while taking benzhexol as it may cause excessive drowsiness.

## **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

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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