

Ginkgo Biloba

Medication Information Leaflet

What is this medication for?

It is used by some people to help with mild dementia, Alzheimer's disease, anxiety and memory problems. Some will take it to help with dizziness, ringing sounds in the ears (tinnitus), pain in the legs when walking (claudication) or tiredness. It is not fully understood how ginkgo biloba works; but it is thought to improve blood circulation to the brain and other parts of the body.

How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- You may take this medication with or without food.

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 are pregnant, planning to become pregnant, or breastfeeding
- You have a bleeding disorder or are on medications that thin your blood e.g. warfarin, enoxaparin
- You have epilepsy (fits) or are on anti-seizure medications e.g. phenytoin or sodium valproate
- You are taking any other medications, including supplements, traditional medications and herbal remedies
- You have kidney problems or liver problems
- You are scheduled for surgery
- You are currently on oral contraceptives e.g. containing Levonorgestrel/Ethinylestradiol

What are some common side-effects of this medication?

- Stomach upset such as nausea/vomiting or diarrhoea
 - Take with or after food to reduce stomach upset
- Headaches
 - Speak to your doctor if it does not go away

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

There may be an increased risk of bleeding.

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 Ginkgo with Warfarin (blood thinner) as it can increase the risk of bleeding
- Do not take Ginkgo with oral contraceptives (birth control pills) e.g. containing Levonorgestrel/Ethinylestradiol, as it may cause the birth control to be less effective

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.

Last updated on Oct 2022