



Accu-Thyrox[®]

Levothyroxine sodium

100 micrograms/5 ml oral solution

PACKAGE LEAFLET: INFORMATION FOR THE USER

Accu-Thyrox[®] 100 micrograms/5 ml oral solution
Levothyroxine sodium

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- 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.

What is in this leaflet

1. What Accu-Thyrox[®] is and what it is used for
2. What you need to know before you take Accu-Thyrox[®]
3. How to take Accu-Thyrox[®]
4. Possible side effects
5. How to store Accu-Thyrox[®]
6. Contents of the pack and other information

1. What Accu-Thyrox[®] is and what it is used for

Levothyroxine Oral Solution is used to treat hypothyroidism, a condition in which the thyroid gland is underactive and so does not make enough thyroxine for the body's needs.

Levothyroxine Oral Solution is also used to treat thyroid cancer and diffuse non-toxic goitre or Hashimoto's thyroiditis, conditions in which the thyroid gland becomes enlarged causing a swelling in the front of the neck.

2. What you need to know before you take Accu-Thyrox[®]

Do not take Accu-Thyrox[®]

- If you are allergic to levothyroxine or any of the other ingredients of this medicine (listed in section 6)
- If you suffer from adrenal insufficiency and you do not have adequate corticosteroid cover.
- If you have a heart attack (acute myocardial infarction), inflammation of the heart muscle (acute myocarditis) or inflammation of the sac surrounding the heart (acute pancreatitis)
- If you are pregnant do not take this medicine in combination with medicines to treat hyperthyroidism (see the section on Pregnancy and breast-feeding)

Warnings and precautions

Talk to your doctor before taking Accu-Thyrox[®]:

- If you have heart disease, problems with your circulation or high blood pressure
- If you are suffering from an overactive thyroid gland (hyperthyroidism), an underactive adrenal gland, diabetes, or have had an underactive thyroid gland for some time
- Thyroid imbalance may occur if you need to change your medication to another levothyroxine containing product. Talk to your doctor if you have any questions about changing your medication. A dose monitoring (clinical and biological) is required during the transition period. You should tell your doctor if you get any side effects as this may indicate that your dose needs to be adjusted up or down.
- Blood pressure will be regularly monitored when levothyroxine treatment is started in very low birth weight preterm neonates because rapid fall in blood pressure (known as circulatory collapse) may occur.
- If you are about to undergo laboratory testing for monitoring your thyroid hormone levels, you must inform your doctor and/or the laboratory personnel that you are taking or have recently taken biotin (also known as vitamin H, vitamin B7 or vitamin B8). Biotin may affect results of your laboratory tests. Depending on the test, the results may be falsely high or falsely low due to biotin. Your doctor may ask you to stop taking biotin before performing laboratory tests. You should also be aware that other products that you may take, such as multivitamins or supplements for hair, skin, and nails could also contain biotin. This could affect the results of laboratory tests. Please inform your doctor and/or the laboratory personnel, if you are taking such products (Please note the information in section Other medicines and Accu-Thyrox[®]).

Other medicines and Accu-Thyrox[®]

Please tell your doctor or pharmacist if you are taking, have recently taken or might use any other medicines.

Accu-Thyrox[®] can interfere with the action of some other drugs and some drugs can have an effect on Accu-Thyrox[®]. In particular tell your doctor or pharmacist if you take the following drugs:

- medication to stop your blood clotting (for example warfarin)
- medication for depression (for example sertraline, imipramine, amitriptyline)
- medication for epilepsy (for example phenytoin, phenobarbital, carbamazepine)
- medication for diabetes
- rifampicin (for infections, particularly tuberculosis),
- digoxin or amiodarone (for your heart),
- Propranolol (for high blood pressure), lovastatin (for high cholesterol levels) or phenylbutazone or acid acetylsalicylic (anti-inflammatory drugs)
- oestrogen, oestrogen containing products and oral contraceptives, androgens or corticosteroids
- sucralfate, cimetidine or aluminium hydroxide for a stomach ulcer,
- colestyramine to lower your cholesterol levels, or calcium carbonate or iron supplements.
- chloroquine or proguanil for the prevention of malaria
- protease inhibitors (for example ritonavir, indinavir and lopinavir) used to treat HIV
- sevelamer (used to treat high levels of phosphate in the blood in patients with renal failure)
- tyrosine kinase inhibitors (for example imatinib and sunitinib) used to treat cancer
- propylthiouracil (used to treat hyperthyroidism)
- beta-sympatholytics (used to treat cardiac arrest and low blood pressure)
- glucocorticoids (steroid hormones used to treat adrenal insufficiency and other diseases)
- soy-containing products (these can decrease absorption of levothyroxine)
- orlistat-used to treat obesity
- products containing St. John's Wort (an herbal medicinal product)
- proton pump inhibitors (proton pump inhibitors (such as omeprazole, esomeprazole, pantoprazole, rabeprazole, and lansoprazole) are used to reduce the amount of acid produced by the stomach, which may reduce the absorption of levothyroxine from the intestine and thereby make it less effective. If you are taking levothyroxine while receiving treatment with proton pump inhibitors, your doctor should monitor your thyroid function and may have to adjust the dose of Accu-Thyrox[®]).

Thyroid hormones are not suitable for weight reduction. Intake of thyroid hormones will not reduce your weight, if your thyroid hormone level is in a normal range. Serious or even life threatening side effects may occur if you increase the dose without special advice from your doctor, especially when taken together with other medicines for weight reduction.

Let your doctor or pharmacist know. Accu-Thyrox[®] can be taken with these medicines but not at the same time.

If you go into hospital to have an operation, tell the anaesthetist or the medical staff that you are taking Accu-Thyrox[®]. It may react with an anaesthetic (ketamine) which you may be given before an operation.

Please tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

If you are taking or have recently taken biotin, you must inform your doctor and/or the laboratory personnel when you are about to undergo laboratory testing for monitoring your thyroid hormone levels. Biotin may affect results of your laboratory tests (see warnings and precautions).

Accu-Thyrox[®] with food, drink and alcohol

You should take your Accu-Thyrox[®] on an empty stomach, usually before breakfast.

Pregnancy, breast-feeding and fertility

Ask your doctor or pharmacist for advice before taking any medicine.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

If you are pregnant while taking this medicine your doctor will monitor you closely.

Driving and using machines

Your medicine is unlikely to affect your ability to drive or to operate machinery.

Accu-Thyrox[®] contains methyl parahydroxybenzoate and glycerol

Accu-Thyrox[®] contains sodium methyl parahydroxybenzoate (E219) which may cause allergic reactions (possibly delayed).

Also contains glycerol which may cause headache, stomach upset and diarrhoea.

3. How to take Accu-Thyrox[®]

Always take this medicine exactly as your doctor has told you. Check with your doctor if you are not sure.

Your doctor will have decided what dose you should take each day depending on your condition. Your doctor will take blood samples at regular intervals to monitor your response to treatment.

If you are switching from the oral solution to the tablet version of levothyroxine or from the tablet version to the oral solution of levothyroxine your doctor will monitor you more closely.

Administration

Accu-Thyrox[®] should be taken on an empty stomach, usually before breakfast.

Accu-Thyrox[®] should be swallowed.

For hypothyroidism the usual daily dosages are:

Adults and children over 12 years

The starting dose is 50 to 100 micrograms a day, increasing by 25 to 50 micrograms every 3-4 weeks, until you are taking the right amount for your condition. The usual maintenance dose is 100 to 200 micrograms daily.

For diffuse non toxic goitre or Hashimoto's thyroiditis

The recommended dose is 50-200 micrograms per day.

For the treatment of thyroid cancer

The recommended dose is 150-300 micrograms per day

Elderly (over 50 years of age), patients with severe hypothyroidism and to those with heart disease:

The starting dose is 12.5 micrograms a day, increasing by 12.5 micrograms every 2 weeks until the correct dose is obtained. The usual final dose is between 50 and 200 micrograms daily.

This dose also applies to patients with severe hypothyroidism, and to those with heart disease.

Children under 12 years:

The dose for children depends on their age or weight. They will be monitored to make sure they get the right dose. The following is a guide:

Age	Micrograms per kg bodyweight
Up to 1 month	5-10 micrograms
Over 1 month	5 micrograms

The duration of treatment is usually for life if you are being treated for hypothyroidism, non toxic diffuse goitre or Hashimoto's thyroiditis.

Method of administration

Please use the oral syringe provided to deliver your specific dose – see the instructions below. The syringe can be used to measure your dose by drawing the liquid to the correct mark on the syringe. For example, if your dose is 50 micrograms daily then the corresponding volume would be:

For the 100 microgram/5ml strength – 2.5 ml

How to use the oral syringe:

- Shake the bottle well, making sure the cap is firmly on the bottle.



- Remove the cap. Note: Keep the cap nearby to close the bottle after each use.



- Push the plastic adaptor into the neck of the bottle. Note: The adaptor must always stay in the bottle.
- Take the syringe and check the plunger is fully down.



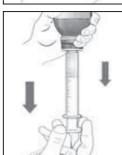
- Keep the bottle upright and insert the oral syringe firmly into the plastic adaptor



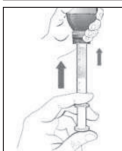
- Turn the whole bottle with the syringe upside down.



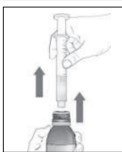
- Slowly pull the plunger down fully so that the syringe fills with medicine. Push the plunger back up completely to expel any large air bubbles that may be trapped inside the oral syringe.



- Then pull the plunger slowly back to the volume you need for your dose.



- Turn the whole bottle with the syringe the right way up and take the syringe out of the bottle.



- The dose of medicine can now be swallowed directly from the oral syringe. Please ensure that you are sitting upright and the plunger must be pushed slowly to allow you to swallow the dose.



- Replace the child resistant cap after use, leaving the adaptor in place.



- Cleaning: After use, wipe the outside of the syringe with a dry, clean tissue. Dismantle the plunger and wash with tap water.



If you take more Accu-Thyrox[®] than you should

If you accidentally take an overdose of your medicine, either call your doctor straight away, or go to your nearest hospital casualty department. Symptoms of overdose include fever, irregular heartbeat, muscle cramps, headache, restlessness, flushing, sweating or diarrhoea. Always take any remaining medicine, the container and the label with you, so that the medicine can be identified.

If you forget to take Accu-Thyrox[®]

If you forget to take your medicine, take your dose when you remember and then take your next dose at the usual time. Do not take two doses at the same time. If you have forgotten several doses tell your doctor when you have your next check-up or blood test. It can be dangerous to stop taking your medicine without your doctor's advice.

If you stop taking Accu-Thyrox[®]

If you have any further questions on the use of this medicine, ask your doctor

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

These usually only happen if the dose you are taking is too high.

If any of the following happen, stop taking Accu-Thyrox[®] and tell your doctor immediately or go to the casualty department at your nearest hospital

- Swelling of the hands, feet, ankles, face, lips, mouth, or throat which may cause difficulty in swallowing or breathing

- Hives

- Fainting

- Yellowing of the skin and eyes also called jaundice

These are all very serious side effects. If you have them, you may have a serious allergic reaction to Accu-Thyrox[®]. You may need urgent medical attention or hospitalisation. All of these very serious side effects are very rare.

Tell your doctor if you notice any of the following:

- Fast or irregular heartbeats,
- palpitations,
- chest pain,
- muscle cramps or weakness,
- headache,
- restlessness,
- excitability,
- flushing,
- sweating,
- diarrhoea,
- vomiting,
- fever,
- menstruation problems,
- high blood pressure in the cranium,
- tremor,
- sleeplessness,
- heat intolerance
- excessive weight loss.

Rash, itching and puffiness may also occur.

Very rarely, if far too much Accu-Thyrox[®] has been taken in one go or over many years, the heart may fail and coma and death have been reported.

If you feel unwell in any other way, tell your doctor as soon as you can.

Children may have some hair loss at the beginning of treatment, however this is usually temporary and the hair returns.

Do not be alarmed by this list of possible events. You may not have any of them.

If you get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet. You can also report side effects directly via the national reporting system listed in Appendix V.

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

5. How to store Accu-Thyrox[®]

Keep this medicine out of the sight and reach of children.

Do not store above 25°C.

Store in the original package in order to protect from light

Dispose of any remaining medicine 8 weeks after opening

Do not use this medicine after the expiry date which is stated on the label and carton after EXP (month, year). The expiry date refers to the last day of that month.

Accu-Thyrox[®] is odourless. Do not use this medicine if you notice that the solution has an odour.

Talk to your pharmacist.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Accu-Thyrox[®] contains:

- The active substance is levothyroxine sodium. Each 5 ml of oral solution contains levothyroxine sodium to levothyroxine sodium anhydrous 100 micrograms.

- The other ingredients are: Glycerol, citric acid monohydrate, sodium methyl parahydroxybenzoate (E219), sodium hydroxide and purified water.

What Accu-Thyrox[®] looks like and contents of the pack

Accu-Thyrox[®] is a clear colourless liquid.

100ml of oral solution. A plastic dosing syringe (pipette) is also included to help measure the dose. A plastic adaptor is also contained in the pack in order to facilitate the adaptation of the syringe to the bottle.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder

Galenica S.A.,
4 Eleftherias str.
145 64 Kifissia
Greece

Manufacturer

Galenica Pharmaceutical Industry S.A.,
3rd km Old National Road Chalkida-Athens,
341 00 Glyfa Chalkida,
Eubia Greece

This medicinal product is authorised in the Member States of the EEA under the following names:

Bulgaria: АК-ТИРОКС 100 микрограма/5 ml перорален разтвор
Cyprus: ACCU-THYROX 100 μικρογραμμια/5 ml Πόσιμο διάλυμα
Greece: ACCU-THYROX 100 μικρογραμμια/5 ml Πόσιμο διάλυμα
Romania: ACCU-THYROX 100 micrograme/5 ml solutie orala

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