

IF YOU HAVE ANY OTHER SIDE EFFECTS THAT YOU THINK ARE CAUSED BY THIS MEDICATION, TELL YOUR DOCTOR OR PHARMACIST.

You may sweat less while taking topiramate, causing your body temperature to rise. Take care to avoid becoming overheated while exercising or when you are in a hot environment. Drink plenty of water to avoid getting kidney stones.

Please contact the Integrated Pain Service at 604-875-2345 ext. 5108 (toll-free within BC at 1-888-300-3088 ext. 5108) if you have further questions about your pain medication.

Integrated Pain Service

TOPIRAMATE



An agency of the Provincial Health Services Authority

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Integrated Pain Service

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TOPIRAMATE

(Topamax®, other)

WHAT IS TOPIRAMATE?

Topiramate is most commonly used for the treatment of certain types of epileptic seizures. It has since been found to be effective for certain types of pain, including migraine pain and nerve pain. The mechanism of action is unclear. You should take this medication regularly to reduce the pain that you experience.

HOW TO USE AND STORE THIS MEDICATION:

- ▶ Take this medication with or without food.
- ▶ Store the medication at room temperature away from heat, moisture and direct light.
- ▶ Store the medication out of reach of children.

IF YOU MISS A DOSE:

- ▶ If you miss a dose or forget to take your medication, take it as soon as you remember. However, if it is almost time for your next dose, do not take the missed dose or double your next dose. Instead, continue your regular dosing schedule. If you are unsure what to do about a missed dose, contact your doctor or pharmacist.

- ▶ Do **NOT** take extra medication to make up for a missed dose.

DRUGS AND FOOD TO AVOID:

- ▶ Ask your doctor or pharmacist before using any other medication, including non-prescription medications, vitamins and herbal products.
- ▶ Topiramate can reduce the effectiveness of oral contraceptives (birth control pills). Talk to your doctor about using a second method of contraception.

WARNINGS:

- ▶ Make sure your doctor knows if you are pregnant or breastfeeding, or if you have kidney, liver or lung disease.
- ▶ Do **NOT** stop taking this medication suddenly without asking your doctor – this medication is usually decreased slowly before it is stopped completely.
- ▶ This medication may cause blurred vision or double vision or may make you dizzy or drowsy. Avoid driving or doing anything dangerous until you know how this medication makes you feel.

SIDE EFFECTS:

This list of side effects is important for you to be aware of; however, it is also important to remember that not all side effects happen to all people.

These are some of the less serious side effects of taking topiramate. Most of these less serious side effects will improve over the first few days of taking the medication. If you have problems with these less serious side effects, talk with your doctor or pharmacist:

- ▶ Fatigue, sleep disturbance
- ▶ Breast pain in females
- ▶ Nausea, heartburn, constipation
- ▶ Weight loss
- ▶ Tremors
- ▶ Heartburn
- ▶ Decreased sweating

Call your doctor right away if you have any of these side effects:

- ▶ Decrease in vision, blurred vision, double vision, pain around the eyes
- ▶ Rapid breathing (hyperventilation), severe sleepiness, loss of appetite, abnormal heart rate
- ▶ Abdominal pain
- ▶ Changes in mood, including aggression, irritability or depression
- ▶ Difficulty breathing, rash or swelling
- ▶ Difficulty with urination, blood in urine (may be signs of kidney stones)