

## Donepezil (pron. don-ep-pee-zil)

### What is donepezil used for?

Donepezil (also known as Aricept<sup>®</sup>) is known as an anticholinesterase and is used to help treat your memory problems. It is made as tablets and melt-in-the-mouth tablets.

### What is the usual dose of donepezil?

The usual dose of donepezil is 5-10mg once a day, usually at breakfast.

### How should I take donepezil?

Swallow the tablets with at least half a glass of water whilst sitting or standing. This is to make sure that they reach the stomach and do not stick in your throat. For the melt-in-the-mouth tablets, just put it on your tongue and it will dissolve quickly.

### How long will it be before donepezil works?

Donepezil usually starts to work in a couple of weeks or so.

### How long will I need to keep taking donepezil for?

You may need to take it for the rest of your life.

### Can I stop taking donepezil suddenly?

Donepezil is not addictive. There is no problem stopping donepezil suddenly, although your symptoms can return if treatment is stopped too early.

### What should I do if I forget to take a dose of donepezil?

Start again as soon as you remember if within about 12 hours. After this just take the next dose as normal. Do not try to catch up by taking two doses at once as you may get more side-effects.

### Can I drink alcohol while I am taking donepezil?

It is not thought that alcohol will make the side effects of donepezil worse.

### What sort of side-effects might I get if I am taking donepezil?

Most people get:	Rarely people can get:
<ul style="list-style-type: none"> <li>• Headache</li> <li>• Feeling less hungry</li> <li>• Dizziness</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Feeling sick</li> <li>• Diarrhoea (the runs)</li> <li>• Fits or seizures – see your doctor if this happens</li> </ul>

Do not be worried by this list of side effects. Some people get no side effects at all and others may get some effects that are not listed here. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist.

### Can I drive or cycle while I am taking donepezil?

Donepezil should not affect your ability to drive, but it can cause a little dizziness and lightheadedness. You should be careful as it may slow down your reaction times. Until you know how donepezil affects you, be careful about driving or operating machinery.

**The small print:** This short leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL) or visit our website for more information. Do not share medicines with anyone else.