

## Hyoscine hydrobromide (pron. high-o-scene high-dro-bro-mide)

### What is hyoscine hydrobromide used for?

Hyoscine hydrobromide (sometimes also known by one of its trade name Kwells<sup>®</sup>) is usually used to help treat one of the side effects of clozapine i.e. having too much saliva. This is sometimes called siallorhoea (pron. sigh-al-o-rear) or hypersalivation (pron. high-per-sally-vay-shun). It seems to be that some people taking clozapine don't swallow as well as they would do normally and so saliva builds up in the mouth. Hyoscine hydrobromide seems to be helpful for this by reducing the amount of saliva you produce. It is also useful for travel sickness. Hyoscine hydrobromide made as 300mcg tablets. Do not worry about the hydrobromide part of the name, as there is also a butylbromide, and there is little difference between the two.

### What is the usual dose of hyoscine hydrobromide?

The usual dose of hyoscine for siallorhoea is around 300mcg up to three times a day.

### How should I take hyoscine hydrobromide?

The tablets should be sucked or chewed because they don't work as well if you just swallow them.

### When should I take hyoscine hydrobromide?

Take your hyoscine as directed on the medicine label. Try to take it at regular times each day. Taking it at mealtimes may make it easier for you to remember as there is no problem about taking hyoscine with or after food.

### What are the alternatives to hyoscine hydrobromide?

There are some other medicines and treatments for siallorhoea e.g. amisulpride, atropine, pirenzepine, and anticholinergics such as procyclidine. See our "Handy chart" to help you compare the medicines, how they work and their side effects.

### How long will hyoscine hydrobromide take to work?

It should start to work in an hour or two. The full effect should be seen in a few days.

### How long will I need to keep taking hyoscine hydrobromide for?

As long as you think or feel you need it for.

### Is hyoscine hydrobromide addictive?

Hyoscine is not addictive as such. If you stop it suddenly, it is possible you might get some symptoms such as nausea, insomnia, dizziness and vivid dreams.

### Can I stop taking hyoscine hydrobromide suddenly?

When the time comes, you should probably stop hyoscine by a gradual reduction in the dose over a few days or so. You should discuss this fully with your doctor, nurse or pharmacist.

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

Take the missed dose as soon as you remember unless it is within about 2-4 hours of your next dose. If you remember 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. If you have problems remembering your doses (as many people do) ask your pharmacist, doctor or nurse about this. There are some special packs, boxes and devices that can be used to help you remember.

### Will hyoscine hydrobromide affect my other medication?

Hyoscine hydrobromide has very few interactions with other medicines:

- Hyoscine can decrease the effects of domperidone and metoclopramide (used for nausea)
- If hyoscine is taken with benzodiazepines (e.g. lorazepam, diazepam), or alcohol, it may cause more sleepiness
- The effects of hyoscine can be increased with similar drugs e.g. some antihistamines, tricyclic antidepressants, MAOIs
- You should have no problems with "The Contraceptive Pill" and hyoscine

Not all of these interactions happen in everyone. Some of these medicines can still be used together but you will need to follow your doctor's instructions carefully. There are many other possible drug interactions.

### Can I drink alcohol while I am taking hyoscine hydrobromide?

If you drink alcohol while taking hyoscine it may make you feel more sleepy. This is particularly important if you need to drive or operate machinery and you must seek advice on this.

### What sort of side-effects might occur if I am taking hyoscine hydrobromide?

The table below will show you some of the main side effects you might get from hyoscine.

Side effect	What happens	What to do about it
<b>COMMON</b> (more than about 1 in 10 people might get these)		
Sleepiness	Feeling sleepy or sluggish. It can last for a few hours after taking your dose.	Don't drive or use machinery.
Constipation	When you want to poop but can't (the opposite of diarrhoea). You can't pass a motion.	Make sure you eat enough fibre, cereal or fruit. Make sure you are drinking enough fluid. Make sure you keep active and get some exercise e.g. walking. If this does not help, ask your doctor or pharmacist for a mild laxative. Contact your doctor if you get very bunged up as this can be quite serious.
Dry mouth	Not much saliva or spit.	Suck sugar-free boiled sweets. If it is bad, your doctor may be able to give you a mouth spray.
Blurred vision	Things look fuzzy and you can't focus properly.	Do not drive with blurred vision. This should wear off after a few weeks. If it does not wear off, see your doctor if you are worried. You won't need glasses.
Diarrhoea	Going to the toilet more than usual and passing loose, watery stools.	Drink plenty of water. Get advice from your pharmacist. If it lasts for more than a day or so, contact your doctor.
<b>UNCOMMON</b> (less than about 1 in 10 people might get these)		
Headache	Your head is pounding and painful.	Try paracetamol. Your pharmacist will be able to advise if this is safe to take with any other medicines you may be taking.

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 in this table. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist. If you want to know more, go to our website for links to other websites with more information.

### Will I need a blood test if I am taking hyoscine hydrobromide?

You should not need a blood test while you are taking hyoscine, although you will do while you are having clozapine.

### Can I drive while I am taking hyoscine hydrobromide?

You may feel a bit sleepy at first when taking hyoscine. You should be careful as it may slow down your reaction times. Until this wears off, or you know how hyoscine affects you, do not drive or operate machinery.

### Prepared for you by Choice and Medication

This leaflet is to help you understand about your medicine. It is not a manufacturer's Patient Information Leaflet. You may find lots more on the internet but beware as internet-based information is not always accurate. The "Handy charts" will help you compare the main medicines for each condition, how they work and their side effects.