READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE

PART III: PATIENT MEDICATION INFORMATION

Pr DURELA®
Tramadol hydrochloride extended release capsules
Extended-Release Capsules

Read this carefully before you start taking DURELA and each time you get a refill. This leaflet is a summary and will not tell you everything about this drug. Talk to your healthcare professional about your medical condition and treatment and ask if there is any new information about DURELA.

Serious Warnings and Precautions

- **Even if you take DURELA as prescribed you are at risk for opioid addiction, abuse, and misuse. This can lead to overdose and death.**
- **When you take DURELA it must be swallowed whole. Do not cut, break, crush, chew, dissolve the capsules. This can be dangerous and can lead to death or seriously harm you.**
- **You may get life-threatening breathing problems while taking DURELA. This is less likely to happen if you take it as prescribed by your doctor. Babies are at risk of life-threatening breathing problems if their mothers take opioids while pregnant or nursing.**
- **You should never give anyone your DURELA. They could die from taking it. If a person has not been prescribed DURELA, taking even one dose can cause a fatal overdose. This is especially true for children.**
- **If you took DURELA while you were pregnant, whether for short or long periods of time or in small or large doses, your baby can suffer life-threatening withdrawal symptoms after birth. This can occur in the days after birth and for up to 4 weeks after delivery. If your baby has any of the following symptoms:**
  - **has changes in their breathing (such as weak, difficult or fast breathing)**
  - **is unusually difficult to comfort**
  - **has tremors (shakiness)**
  - **has increased stools, sneezing, yawning, vomiting, or fever**

  Seek immediate medical help for your baby.
- **Taking DURELA with other opioid medicines, benzodiazepines, alcohol or other central nervous system depressants (including street drugs) can cause severe drowsiness, decreased awareness, breathing problems, coma and death.**

What is DURELA used for?
DURELA is an oral capsule that slowly releases tramadol (an opioid analgesic) over a 24 hour period to manage moderate or moderately severe pain that is expected to persist for several days or more.

How does DURELA work?
DURELA is a painkiller belonging to the class of medicines known as opioids. It relieves pain by acting on specific nerve cells of the spinal cord and brain.

What are the ingredients in DURELA?
Medicinal ingredients: Tramadol hydrochloride USP
Non-medicinal ingredients: Corn starch, D & C Red #7 calcium lake (E180), D & C Yellow #10 aluminum lake, Eudragit NE 30D, FD & C Blue #2 aluminum lake (E132), gelatin, hypromellose, lactose monohydrate 200 mesh, magnesium stearate, microcrystalline cellulose, polysorbate 80, povidone K30, propylene glycol, shellac, simethicone emulsion, sodium starch glycolate, sucrose stearate, talc and titanium dioxide.

DURELA comes in the following dosage forms:
Extended-release capsules: 100 mg, 200 mg, and 300 mg. DURELA capsules are white, marked as follows:

100 mg: "**G 252**" on cap and "**100**" between lines on the body in blue ink
200 mg: "**G 253**" on cap and "**200**" between lines on the body in violet ink
300 mg: "**G 254**" on cap and "**300**" between lines on the body in red ink

Do not use DURELA if:

- you are allergic to tramadol or any of the other ingredients of DURELA
- your pain can be controlled by the occasional use of painkillers including those available without a prescription
- you have severe asthma, trouble breathing, or other breathing problems
- you have any heart problems
- you have bowel blockage or narrowing of the stomach or intestines
- you have severe pain in your abdomen
- you have a head injury
- you are at risks for seizures
- you have severe kidney disease
- you have severe liver disease
- you suffer from alcoholism
- you are taking or have taken within the past 2 weeks a Monoamine Oxidase inhibitor (MAOi) (such as phenelzine sulphate, tranylcypromine sulphate, moclobemide or selegiline)
- you are less than 18 years old and are having (or have recently had) your tonsils or adenoids removed because of frequent interruption of breathing during sleep
- you are less than 12 years old
- you are pregnant or plan to become pregnant, or you are in labour
- you are breastfeeding
- your doctor did not prescribe it for you

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take DURELA. Talk about any health conditions or problems you may have, including if you:

- have a history of illicit or prescription drug or alcohol abuse
- have low blood pressure
- have past or current depression
- suffer from chronic or severe constipation
- have been told that you metabolize tramadol or other pain medications rapidly
- have problems with your thyroid, adrenal or prostate gland, diabetes, epilepsy, liver or kidney disease
- have, or had in the past hallucinations or other severe mental problems

Other warnings you should know about:
DURELA can decrease your blood sugar levels. Diabetic patients may need to monitor their blood sugar more often. If you notice changes, discuss this with your doctor.

Seizures have been reported at therapeutic doses of tramadol and this risk may be increased at doses exceeding the usual upper daily dose limit.

You should take the following precautions while taking DURELA capsules:
Alcohol: You must not consume alcohol while taking DURELA capsules, as it may increase the chance of experiencing dangerous side effects. Also, you should tell your doctor if you drink alcohol regularly, or have a history of alcoholism.

Opioid dependence and addiction: There are important differences between physical dependence and addiction. It is important that you talk to your doctor if you have questions or concerns about abuse, addiction or physical dependence.

Pregnancy, nursing, labour and delivery:
Do not use DURELA while pregnant, nursing, during labour or delivery. Opioids can be transferred to your baby through breast milk, or while still in the womb. DURELA can then cause life-threatening breathing problems in your unborn baby or nursing infant.

If you are pregnant and are taking DURELA, it is important that you don't stop taking your medication all of a sudden. If you do, it can cause a miscarriage or a still-birth. Your doctor will monitor and guide you on how to slowly stop taking DURELA. This may help avoid serious harm to your unborn baby.

Adolescents (12 to 18 years old): You should not use DURELA if your child:

- is overweight (obese)
- has obstructive sleep apnea (a condition where your breathing starts and stops while you sleep)
- has severe lung disease

There is a higher risk of serious breathing problems if your child takes DURELA and has any of the above conditions.

Driving and using machines: Before you perform tasks which may require special attention, wait until you know how you respond to DURELA. DURELA can cause:

- drowsiness
- dizziness, or
- lightheadedness

This can usually occur after the first dose and when the dose is increased.

Disorder of the adrenal gland: You may develop a disorder of the adrenal gland called adrenal insufficiency. This means that your adrenal gland is not making enough of certain hormones. You may experience symptoms such as:

- nausea, vomiting
- feeling tired, weak or dizzy
- decreased appetite

You may be more likely to have problems with your adrenal gland if you have been taking opioids for longer than one month. Your doctor may do tests, give you another medication, and slowly take you off DURELA.

Serotonin Syndrome: DURELA can cause Serotonin Syndrome, a rare but potentially life-threatening condition. It can cause serious changes in how your brain, muscles and digestive system work. You may develop Serotonin Syndrome if you take DURELA with certain anti-depressants or migraine medications.

Serotonin Syndrome symptoms include:

- fever, sweating, shivering, diarrhea, nausea, vomiting;
- muscle shakes, jerks, twitches or stiffness, overactive reflexes, loss of coordination;
- fast heartbeat, changes in blood pressure;
- confusion, agitation, restlessness, hallucinations, mood changes, unconsciousness, and coma.

Sexual Function/Reproduction: Long term use of opioids may lead to a decrease in sex hormone levels. It may also lead to low libido (desire to have sex), erectile dysfunction or being infertile.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

There are other medications that may cause DURELA capsules to be less effective, or may cause you to have some side effects or drug reactions. There are also other drugs, such as tranquillizers, antidepressants, hypnotics, sleeping pills, or other pain relief medications, that can cause some serious reactions when taken at the same time as DURELA capsules.

The following may interact with DURELA:

- alcohol. This includes prescription and non-prescription medications that contain alcohol. Do not drink alcohol while taking DURELA. It can lead to
    - drowsiness,
    - unusually slow or weak breathing
    - serious side effects or
    - a fatal overdose
- other opioid analgesics (drugs used to treat pain)
- general anesthetics (drugs used during surgery)
- benzodiazepines (drugs used to help you sleep or that help reduce anxiety)
- antidepressants (for depression and mood disorders). **Do not** take DURELA with MAO inhibitors (MAOi) or if you have taken MAOi's in the last 14 days.
- drugs used to treat serious mental or emotional disorders (such as schizophrenia)
- antihistamines (drugs used to treat allergies)
- anti-emetics (drugs used for the prevention of vomiting)
- drugs used to treat muscle spasms and back pain
- warfarin (such as coumadin) and other anticoagulants (used for prevention or treatment of blood clots)
- anti-retroviral drugs (used to treat viral infections)
- anti-fungal drugs (used to treat fungal infections)
- antibiotic drugs (used to treat bacterial infections)
- some heart medication (such as beta blockers)
- grapefruit juice
- St. John's Wort

How to take DURELA:

Swallow whole. Do not cut, break, crush, chew or dissolve the tablet. This can be dangerous and can lead to death or seriously harm you.

DURELA is not recommended for rectal administration.

Usual adult starting dose:

Take the dose prescribed by your doctor as your dose is tailored/personalized just for you. Do not increase or decrease your dose without consulting your doctor. Taking higher doses can lead to more side effects and a greater chance of overdose. DURELA capsules should be taken regularly every 24 hours (with 4 to 6 oz. of water) to prevent pain all day and night. The usual starting dose of DURELA is 100 mg per day.

You should not take more than the maximum recommended dose of 300 mg of DURELA® per day. Exceeding this recommendation can result in respiratory depression (shallow, slow breathing), seizures, coma, heart stoppage and death.

DURELA capsules may be taken with or without food.

Review your pain regularly with your doctor to determine if you still need DURELA. Be sure to use DURELA only for the condition for which it was prescribed.

If your pain increases or you develop any side effect as a result of taking DURELA, tell your doctor immediately.

Stopping your Medication

If you have been taking DURELA for more than a few days you should not stop taking it all of a sudden. You should check with your doctor for directions on how to slowly stop taking it. You should do it slowly to avoid uncomfortable symptoms such as having:

- body aches
- diarrhea
- gooseflesh
- loss of appetite
- nausea
- feeling nervous or restless
- runny nose
- sneezing
- tremors or shivering
- stomach cramps
- rapid heart rate (tachycardia)
- having trouble sleeping
- an unusual increase in sweating
- an unexplained fever
- weakness
- yawning

By reducing or stopping your opioid treatment, your body will become less used to opioids. If you start treatment again, you will need to start at the lowest dose. You may overdose if you restart at the last dose you took before you slowly stopped taking DURELA.

Refilling your Prescription for DURELA:

A new written prescription is required from your doctor each time you need more DURELA. Therefore, it is important that you contact your doctor before your current supply runs out.

Only obtain prescriptions for this medicine from the doctor in charge of your treatment. Do not seek prescriptions from other doctors unless you switch to another doctor for your pain management.

Overdose:

If you think you have taken too much DURELA, contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

Signs of overdose may include:

- unusually slow or weak breathing
- dizziness
- confusion
- extreme drowsiness
- fits (seizures)
- irritation and discomfort in the stomach and gut
- loss of appetite
- nausea
- vomiting
- feeling unwell
- unusually pale color and sweating

Cases of abnormal electrical conduction in the heart (QT prolongation) have been reported.

Missed Dose:

It is very important that you do not miss any doses. If you miss one dose, take it as soon as possible. However, if it is almost time for your next dose, then skip the missed dose. Do not take two doses at once. If you miss several doses in succession, talk to your doctor before restarting your medication.

Should your pain increase, or any other complaint develop as a result of taking DURELA, contact your doctor immediately.

What are possible side effects from using DURELA?

These are not all the possible side effects you may feel when taking DURELA. If you experience any side effects not listed here, contact your healthcare professional.

Side effects may include:

- Drowsiness
- Insomnia
- Dizziness
- Fainting
- Nausea, vomiting, poor appetite

- Dry mouth
- Headache
- Problems with vision
- Weakness, uncoordinated muscle movement
- Itching
- Sweating
- Constipation

Talk with your doctor or pharmacist about ways to prevent constipation when you start using DURELA.

DURELA can cause abnormal blood test results including decreased blood sugar. Your doctor will decide when to perform blood tests and will interpret the results.

Serious side effects and what to do about them			
Symptom / effect	Talk to your healthcare professional		Stop taking drug and get immediate medical help
	Only if severe	In all cases	
RARE **Overdose:** hallucinations, confusion, inability to walk normally, slow or weak breathing, extreme sleepiness, sedation, or dizziness, floppy muscles/low muscle tone, cold and clammy skin.			√
Respiratory Depression: Slow, shallow or weak breathing.			√
Allergic Reaction: rash, hives, swelling of the face, lips, tongue or throat, difficulty swallowing or breathing.			√
Bowel Blockage (impaction): abdominal pain, severe constipation, nausea.			√
Withdrawal: nausea, vomiting, diarrhea, anxiety, shivering, cold and clammy skin, body aches, loss of appetite, sweating.		√	
Fast, Slow or Irregular Heartbeat: heart palpitations.		√	
Low Blood Pressure: dizziness, fainting, light-headedness.	√		
UNCOMMON **Decreased Blood Sugar (hypo-glycemia):** dizziness, lack of energy, drowsiness, headache, trembling, sweating.			√

The most common side effects you may experience are constipation, dizziness, drowsiness, headache, nausea, and vomiting. Your doctor may order a laxative and stool softener to help relieve your constipation while you are taking DURELA. Tell your doctor about these problems if they arise.

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

Reporting Side Effects
We encourage you to report serious or unexpected side effects to Health Canada. The information is used to check for new safety concerns about health products. As a consumer, your report contributes to the safe use of health products for everyone.
3 ways to report:

- Online at MedEffect; https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada.html
- By calling 1-866-234-2345 (toll-free);
- By completing a Consumer Side Effect Reporting Form and sending it by:
  - Fax to 1-866-678-6789 (toll-free), or
  - Mail to: Canada Vigilance Program
    Health Canada, Postal Locator1908C
    Ottawa, ON
    K1A 0K9

    Postage paid labels and the Consumer Side Effect Reporting Form are available at MedEffect (https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada.html).

NOTE: Should you require information related to the management of side effects, contact your health professional. The Canada Vigilance Program does not provide medical advice.

Storage:
Store at room temperature (15-30°C). **Keep unused and expired DURELA in a secure place to prevent theft, misuse or accidental exposure. Keep DURELA out of sight and reach of children and pets.**

Disposal:
DURELA should never be thrown into household trash, where children and pets may find it. It should be returned to a pharmacy for proper disposal.

If you want more information about DURELA:

- Talk to your healthcare professional
- Find the full product monograph that is prepared for healthcare professionals and includes this consumer medication information by visiting the Health Canada website (https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html); the importer/distributor's website, www.aralez.com or by calling 1-866-391-4503

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