

# CLINDAMYK®

contains the active ingredient (clindamycin hydrochloride)

## CONSUMER MEDICINE INFORMATION

### What is in this leaflet

This leaflet answers some common questions about CLINDAMYK capsules.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking CLINDAMYK against the benefits expected for you.

**If you have any concerns about taking this medicine, talk to your doctor or pharmacist.**

**Keep this leaflet with your medicine.**

You may need to read it again.

### What CLINDAMYK capsules is used for

CLINDAMYK is an antibiotic. It is used to treat infections in different parts of the body caused by bacteria.

CLINDAMYK works by killing or stopping the growth of the bacteria causing your infection.

CLINDAMYK will not work against viral infections such as colds or flu.

CLINDAMYK is recommended for patients who are allergic to penicillin or patients for whom penicillin is not suitable.

Your doctor may have prescribed CLINDAMYK for another reason. Ask your doctor if you have any questions about why CLINDAMYK has been prescribed for you.

This medicine is available only with a doctor's prescription.

CLINDAMYK is not addictive.

### Before you take CLINDAMYK capsules

#### **When you must not take it**

**Do not take CLINDAMYK capsules:**

**If you have an allergy to:**

- clindamycin or lincomycin
- lactose or any of the other ingredients listed at the end of this leaflet (see 'Product Description').

Some of the symptoms of an allergic reaction may include

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If you take it after the expiry date, it may have no effect at all, or worse, an entirely unexpected effect.

**If you are not sure whether you should start taking this medicine, talk to your doctor.**

#### **Before you start to take it**

**You must tell your doctor about all of the following before you start to take CLINDAMYK.**

**Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor if you pregnant or intend to become pregnant.**

Clindamycin crosses the placenta therefore CLINDAMYK capsules should only be used in pregnancy if clearly needed. Your doctor will discuss the risks and benefits of taking CLINDAMYK during pregnancy.

**Tell your doctor if you breast-feeding or intend to breast-feed.**

CLINDAMYK capsules are not recommended during breastfeeding.

**Tell your doctor if you have or have had any of the following medical conditions:**

- severe diarrhoea associated with the use of antibiotics
- severe liver disease
- severe kidney disease
- any gastrointestinal (stomach or gut) problems

**Tell your doctor if you have had any other health problems or medical conditions.**

**If you have not told your doctor or pharmacist about any of the above, do so before you start taking CLINDAMYK capsules.**

#### **Taking other medicines**

**Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from a pharmacy, supermarket or health food shop.**

Some medicines and CLINDAMYK may interfere with each other. These include:

- erythromycin, an antibiotic
- medicines used for muscle relaxation in anaesthesia

These medicines may be affected by CLINDAMYK or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

---

## How to take CLINDAMYK capsules

---

**Follow all directions given to you by your doctor and pharmacist carefully.**

They may differ from the information contained in this leaflet.

You may be given a different dosage depending on your condition and how you react to the medicine.

If you do not understand the instructions in this leaflet, ask your doctor or pharmacist for help.

### **How much to take**

#### **Adults**

One (1) capsule (150 mg) every six hours is the usual dose. The number of capsules may increase with more serious infections. Your doctor will tell you how long to take your capsules.

#### **Children**

CLINDAMYK capsules are not recommended in children for formulation reasons.

### **How to take it**

CLINDAMYK capsules should be taken by mouth, with a full glass of water.

### **When to take it**

CLINDAMYK can be taken with or without food, it does not matter.

### **How long to take it**

**Your doctor will tell you how long to take your capsules.**

**Continue taking CLINDAMYK until you finish the box or until your doctor recommends.**

**Check with your doctor if you are not sure how long you should be taking it.**

**Do not stop taking CLINDAMYK capsules because you are feeling better.**

If you do not complete the full course prescribed by your doctor, all of the bacteria causing your infection may not be killed. These bacteria may continue to grow and multiply so that your infection may not clear completely or may return.

### **If you forget to take it**

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take it as soon as you remember, then go back to taking your capsules as you would normally.

If you are not sure whether to skip the dose, talk to your doctor or pharmacist.

**Do not take a double dose to make up for the dose you missed.**

**If you are not sure what to do, ask your doctor or pharmacist.**

**If you have trouble remembering to take your medicine, ask your pharmacist for some hints.**

### **If you take too much (overdose)**

**Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much CLINDAMYK. Do**

**this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

---

## While you are taking CLINDAMYK capsules

---

### **Things you must do**

If the symptoms of your infection do not improve within a few days, or if they become worse, tell your doctor.

**If you get severe diarrhoea, tell your doctor, pharmacist or nurse immediately. Do this even if it occurs several weeks after you have stopped taking CLINDAMYK.**

Diarrhoea may mean that you have a serious condition affecting your bowel. You may need urgent medical care. Do not take any medicines for diarrhoea without first checking with your doctor.

**If you get a sore, white mouth or tongue while taking or soon after stopping CLINDAMYK, tell your doctor. Also tell your doctor if you get vaginal itching or discharge.**

This may mean you have a fungal/yeast infection called thrush.

Sometimes the use of CLINDAMYK allows fungi/yeast to grow and the above symptoms to occur. CLINDAMYK does not work against fungi/yeast.

**If you become pregnant while taking this medicine, tell your doctor immediately.**

**If you are about to start taking any new medicines, tell your doctor and pharmacist that you are taking CLINDAMYK**

**Tell any other doctors, dentists and pharmacists who treat you that you are taking this medicine.**

If you feel that CLINDAMYK is not helping your condition, tell your doctor.

**Tell your doctor if, for any reason, you have not used CLINDAMYK exactly as prescribed.**

### ***Things you must not do***

**Do not take CLINDAMYK to treat any other complaints unless your doctor tells you to.**

**Do not give your medicine to anyone else, even if they have the same condition as you.**

---

## **Side effects**

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking CLINDAMYK.**

This medicine helps most people with treating their infections but it may have unwanted side effects in some people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

**Do not be alarmed by the following list of side effects.**

You may not experience any of them.

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- oral thrush - white, furry, sore tongue and mouth
- vaginal thrush - sore and itchy vagina and/or discharge
- stomach cramping
- stomach discomfort
- inflammation of the food pipe; discomfort or/and pain of the food pipe
- loss or distorted sense of taste
- nausea and/or vomiting
- heartburn
- diarrhoea

- loss of appetite
- skin rash; severe irritation of the skin
- jaundice (yellowing of the skin)
- joint pain and swelling

**If any of the following happen while you are taking**

**CLINDAMYK capsules or several weeks after stopping treatment, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- severe stomach cramps;
- watery and severe diarrhoea which may also be bloody;
- fever, in combination with one or both of the above.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

Do not take any medicine for diarrhoea without first checking with your doctor.

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything else that is making you feel unwell.

---

## **After taking CLINDAMYK capsules**

### ***Storage***

**Keep your CLINDAMYK capsules in a cool, dry place where the temperature stays below 25°C.**

If you take the capsules out of their original container, they may not keep as well.

**Do not store CLINDAMYK capsules or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.**

Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### ***Disposal***

**If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.**

---

## **Product description**

### ***What it looks like***

CLINDAMYK capsules consist of a white cap and white body imprinted with 'Clin 150' in black printing ink.

### ***Ingredients***

CLINDAMYK capsules contain 150 mg of clindamycin (as hydrochloride).

Also contains the following inactive ingredients:

- lactose
- magnesium stearate
- maize starch
- purified talc
- titanium dioxide
- gelatin
- black printing ink (shellac, iron oxide black)

### ***Sponsor***

Arrotex Pharmaceuticals Pty Ltd  
15 - 17 Chapel Street  
Cremorne VIC 3121  
Australia

### ***Distributor***

Alphapharm Pty Ltd trading as Viatris  
Level 1, 30 The Bond  
30-34 Hickson Road

Millers Point NSW 2000

[www.viatris.com.au](http://www.viatris.com.au)

Phone: 1800 274 276

Australian registration numbers:

CLINDAMYK 150 mg: AUST R  
214371

CLINDAMYK® is a Viatris  
company trade mark

This leaflet was prepared on

May 2023.

**CLINDAMYK\_cmi\May23/00**