

MENTOR 10

*Memantine Hydrochloride
Tablets USP 10 mg*

**Consumer Medicine
Information**

What is in this leaflet?

This leaflet contains answers to some common questions about Mentor 10. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risk of you using this medicine against the benefits he/she expects it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist. Keep this leaflet with the medicine. You may need to read it again.

What does Mentor 10 look like? (Dosage Form)

Black colour round shape biconvex uncoated tablet with one side breakline and other side plain.

Is this oral or injectable? (Route of Administration)

It is to be consumed orally, swallowed with water. Do not chew the tablet.

**Ingredients / Content /
Volume:**

Each film coated tablet contains:
Memantine Hydrochloride USP..... 10 mg
Excipients ...Q.S.
Colour: Black Oxide of Iron

How to store Mentor 10? (Storage temperature & conditions)

Store in a cool and dry place at temperature below 30°C. Keep medicine away from children.

What other ingredients are in this medicine beside the active one?

(Declaration of Excipients)

Lactose BP, M.C.C.P. 102, P.V.P.K. 30 IH, Magnesium Stearate BP, Talcum BP, Croscarmellose Sodium BP, Fumed Silica IH, Plasticised Cellulose Colour Coat TiO₂, Isopropyl Alcohol, Methylene Dichloride, Black Oxide of Iron.

Do I need a prescription to get this medicine?

(Dispensing Condition)

Yes, Prescription Medication Only.

What age group is this medicine suitable for?

(Age Indication)

Adults: 18 years and above.

What Mentor 10 is used for? (Indications)

Mentor 10 is used to treat moderately severe to severe Alzheimer's Disease (AD). AD can be described as a general decline in all areas of mental ability. It belongs to a group of medicines known as anti – dementia medicine

How should I take this medicine? (Method of Use)

It is to be consumed orally, swallowed with water. Do not chew the tablet.

What is the dosage schedule and dose duration?

Initial dose is 5 mg and maximum dose is 20 mg / day. Your doctor will decide The dose depending on your condition and other factors such as weight and your response to the medicine.

Adults:

Dose Titration: In order to reduce the risk of undesirable effects, the maintenance dose is achieved by upward titration of 5 mg / week, over the first 3 weeks as follows:

Week 1: 5 mg once / day

Week 2: 10 mg once / day

Week 3: 15 mg once / day

Week 4: (maintenance dose): 20 mg / day

Ask your doctor if you are unsure of the dose for you. Follow the instruction they give you.

If you forget to take it?

If it is almost time for your next dose, skip the missed dose and take the next dose when you are meant to.

Do not take the double dose to make up for the skipped dose.

If there is still a long time before you take the next dose, take it as soon as you remember and then go back to taking it as you would normally.

If you are unsure or having trouble remembering the dose, speak to your doctor or pharmacist.

What are the signs of an Overdose?

Symptoms of an overdose may include restlessness, slow movements, weakness, confusion, dizziness, unsteadiness, double vision, sleepiness, vomiting, lack of energy.

What should I do immediately if someone has Overdosed?

(Overdose Management):

Immediately contact your doctor or Poison Information Centre or go to emergency in your nearest hospital. Do this even if there are no signs of discomfort or poisoning. Memantine overdose is only symptomatic treatment because there is no specific antidote. Clinical procedures to remove the active substance like gastric lavage, activated charcoal, acidification of urine should be used as appropriate. Symptoms of CNS overstimulation require careful symptomatic treatment.

Warning & Precaution: Is there anything I should be careful about while taking this medicine?

Before starting treatment with Mentor 10, tell your doctor if you have:

- History of epilepsy (seizures)
- recently experience heart attack or suffer from heart failure or high blood pressure.
- kidney problem or renal tubular acidosis.

If you are about to start any new medicine remind your

doctor that you are taking Mentor 10 and inform the doctors who treat you that you are taking this medicine.

Tell your doctor immediately if you are feeling depressed or having suicidal thoughts.

Alzheimer's disease has been associated with depression and thoughts of suicide. All mentions of suicide or violence by a patient must be taken seriously.

Who should not take this medicine?

(Contraindications)

If allergic or hypersensitivity to Memantine, and lactose intolerant patients.

Does this medicine interact with any other drugs I'm taking? Drug Interactions:

Drug interactions may change how your medications work or increase your risk for serious side effects. Keep a list of all the products you use (including prescription/non-prescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval.

Is it safe during pregnancy or breast feeding?

Consult your doctor if you are pregnant, or planning to have a baby or during breast

feeding, before consuming Mentor 10. There is no good evidence that taking memantine in early pregnancy will affect your baby.

Is it safe to drive or operate machine using this medicine?

Your doctor will discuss with you whether your condition allows you to drive or operate machinery safely. Furthermore, Mentor 10 may change your reactivity which may make driving or using machinery inappropriate.

If I am Lactose Intolerant?

Inform your doctor if you are lactose intolerant as Mentor 10 contains lactose monohydrate.

How does this medicine work? (Pharmacological Information)

Mentor 10 is used to slow the neurotoxicity involved in Alzheimer disease and other neurotransmitter in the brain. It is an antagonist of the N-methyl D-aspartate receptor.

What Side Effects can this medicine cause?

Mentor 10 helps with moderately severe to severe Alzheimer's disease but may have unwanted side effects in some people.

Mild side effects: Tell your doctor if you notice any of the following:

- Tiredness, sleepiness or problem in sleeping
- Dizziness or feeling off balance

- Diarrhoea, vomiting or nausea
- Loss of appetite, feeling anxious, conjunctivitis.

Serious side effects:

Tell your doctor immediately as you may need medical attention for the below side effects

- Swelling of hands, ankle, feet
- Headache of feeling confused
- Seeing, feeling or hearing things that are not there
- Having fixed irrational ideas that are not shared by others.

If you are epileptic, Mentor 10 may increase the chance of fit occurring.

Tell your doctor immediately or go to the nearest accident or emergency hospital if you notice the below:

- Serious allergic reaction (symptoms may include swelling of face, mouth, lips or throat which may cause difficulty in swallowing or breathing or hives).

This is a very serious and rare side effect. You may need immediate medical attention.

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How does the packaging of this medicine look like?

There are 10 tablets in one strip and 3 such strips in a box with leaflet.
