

# LICONATE TABLET

Lithium Carbonate (300mg)

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## What Liconate Tablet is used for

Lithium Carbonate is the active ingredient of Liconate Tablet. It is indicated for the prophylaxis and treatment of hypomania (a less severe form of mania) or mania (excitement manifested by mental and physical hyperactivity, disorganization of behavior, and elevation of mood), in the prophylaxis of manic depression (bipolar illness or bipolar depression) and recurrent depression (unipolar illness or unipolar depression).

## How Liconate Tablet works?

The mechanism of anti-manic effects is unknown; lithium ions may act by competing with sodium ions at various sites in the body.

## Before you use Liconate Tablet

### - When you must not use it

- ◆ If you have severe kidney disease, debilitated or dehydrated and sodium depletion.
- ◆ If you have cardiovascular disease and hypothyroidism (a condition in which the body lacks sufficient thyroid hormone) and also Addison Disease (a disorder that occurs when the adrenal glands do not produce enough hormones).
- ◆ If you or your child is under 12 years of age.
- ◆ If you are taking diuretic medicines.
- ◆ If you have hypersensitivity (allergic) to lithium carbonate or its ingredient.

### - Before you start to use it

You must tell your doctor if:

- ◆ you have allergies to any medicine which you have used previously to treat your current condition.
- ◆ you are pregnant, trying to become pregnant or breast-feeding. Do not take Liconate Tablet until you and your doctor have discussed the risks and benefits involved.

### - Taking other medicines

Always inform your doctor and pharmacist if you are taking any other medicines, including herbal tonics, supplements and medicines that you buy without prescription. The following medication interacts with Lithium Carbonate:

- ◆ Antihypertensive agents (enalapril and methyldopa), Antimicrobial agents (metronidazole and spectinomycin), Diuretics (thiazide), NSAIDs (diclofenac, ibuprofen) – may cause lithium toxicity
- ◆ Sodium-containing drug, gastrointestinal agent (sodium bicarbonate, isphaghula), xanthines (theophylline, acetazolamide) – blood lithium concentrations may be reduced
- ◆ Phenytoin, Phenobarbitone, Calcium-channel blockers (verapamil, diltiazem), neuroleptics (flupenthixol deconoate, fluphenazine decanoate, haloperidol) – neurotoxicity may occur (such as limb weakness or numbness, loss of memory, vision, and/or intellect, headache, cognitive and behavioral problems and sexual dysfunction).
- ◆ Selective serotonin re-uptake inhibitors (fluoxetine, fluvoxamine) – enhanced serotonergic effects (such as increased heart rate, shivering, sweating as well as overresponsive reflexes).

## How to use Liconate Tablet

Always use this medicine exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

### - How much to use it

Acute treatment of mania and hypomania: 1.5g-2g daily may be given in divided doses for the first 5 to 7 days. Prophylactic therapy: usual dose is 0.5-1.2g daily in divided dose.

Children: Not recommended for children under 12 years of age.

### - When to use it

To be taken as prescribed by doctor. To be taken orally. This medication may be taken with food, to minimize stomach upset.

### - How long to use it

Continue to use this drug for as long as the prescriber recommends.

### - If you FORGET TO USE it

- ◆ If you forget a dose, take it as soon as you remember it.
- ◆ However, if it is nearly time for the next dose, skip the missed dose.
- ◆ Do not take a double dose to make up for a forgotten dose.

### - If you use too much (Overdose)

If you think you have taken an overdose of Liconate Tablet, please go to the nearest hospital for medical assistance.

Symptoms of overdose include:

Common: nausea, vomiting and diarrhoea, followed by coarse tremor, increase muscle tone, cogwheel rigidity (muscle rigidity characterised by cogwheel-like jerks when the muscle is passively stretched), fasciculation (a small local muscle contraction visible under skin) and myoclonus (a brief, involuntary twitching of a muscle or a group of muscles).

Serious: coma, convulsions or fits and cardiac effects (irregular heart rhythm).

## While you are taking Liconate Tablet

### - Things you must do

- ◆ If you do become pregnant whilst taking Liconate Tablet, please tell your doctor.
- ◆ Liconate should be given under close medical supervision as the margin between therapeutic and toxic concentrations is low.

- ◆ Care must be given when Liconate is given to elderly patients.
- ◆ You should be examined periodically for abnormal thyroid function.
- ◆ You should take the dose at exactly the stipulated time of the day.
- ◆ You should not switch between different preparations without special control.

- Things you must not do

- ◆ Do not give Liconate Tablet to anyone else, even if their symptoms seem similar or they have same condition as you. Your doctor has prescribed Liconate Tablet for you and your condition.
- ◆ Do not stop taking Liconate Tablet as this may worsen your underlying symptoms unless advised by your doctor. Your doctor may want you to gradually reduce the amount of Liconate Tablet you are taking before stopping completely.

- Things to be careful of

- Your salt and water intake affects the way that lithium is removed from your body. It is important to maintain adequate salt and water intake:
  - Avoid taking low salt dietary regiments or other dietary changes which may reduce sodium intake.
  - Be aware of circumstances which may cause excessive sodium loss such as sweating, vomiting or diarrhoea with resultant dehydration.
  - Avoid taking sodium containing medicaments together with Liconate Tablet.
- ◆ Lithium may cause dizziness, sleepiness, poor co-ordination and hallucinations (see, feel or hear things that are not there). Be careful driving or operating machinery until you know how Liconate Tablet affects you.

**Side Effects**

Like all medicines, Liconate Tablet can have side effects, although not everybody gets them.

The following side effects may happen with this medicine at therapeutic blood lithium concentration:

- Loss of appetite
- Constipation or diarrhoea
- Upper abdominal discomfort
- Metallic taste
- Headache
- Vertigo (is a subtype dizziness)
- Fine tremor
- Passing more urine than usual with excessive thirst
- Oedema (excess accumulation of fluid in or round body's tissues)
- Muscle weakness
- Feeling of somnolence (sleepiness) and lethargy
- Hypermagnesaemia (high level of magnesium in blood)
- Cardiac arrhythmias (irregular heart rhythm)
- Exacerbation of skin conditions such as acne and psoriasis (a chronic skin condition characterised by reddish patches with silvery scales)
- Leucocytosis (white blood cell count above the normal range in the blood)

Significant weight gain may occur. Long term adverse effects include hypothyroidism and/or goitre, rarely hyperthyroidism (high level of thyroid hormones) and mild cognitive and memory impairment.

If you encounter any of these toxic effects, stop taking Liconate and inform your doctor immediately

- increasing diarrhoea
- vomiting
- anorexia (loss of appetite and inability to eat)
- polyuria (a condition where excessive or abnormally large production or passage of urine)
- increased muscle weakness
- extreme lethargy
- ataxia (dysfunctional of the parts of the nervous system that coordinate movement)
- lack of co-ordination
- tinnitus (perception of sound within the human ear)
- blurred vision

- coarse tremor of the extremities and lower jaw
- muscle hyper-irritability and twitching
- hyper-reflexia (overactive or overresponsive reflexes)
- choreoathetoid movements (occurrence of involuntary movements in a combination of irregular migrating contractions and twisting)
- dysarthria (a motor speech disorder which result in difficulties in pronouncing words)
- disorientation
- psychosis
- severe drowsiness
- seizures, coma and death may occur.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Consult your doctor or pharmacist if you are in doubt or for any further information.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (Consumers→Reporting)

**Storage and Disposal of Liconate Tablet**

- Storage

Do not use after the expiry date stated on the pack. The expiry date refers to the last day of that month.

Store below 30°C in a well-closed containers. Avoid heat and moisture.

**Keep out of the reach and sight of children.**

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**Product Description**

- What Liconate Tablet looks like

Liconate Tablet is a white, round of diameter 11mm flat tablet with 'MPI' marking.

They are supplied in 100 x 10's blister pack.

- Ingredients

- Active ingredient

Each Tablet contains 300mg of Lithium Carbonate.

- Inactive ingredients

The other ingredients are lactose, corn starch, sodium starch glycolate, povidone k-30, magnesium stearate, colloidal silicone dioxide, sodium lauryl sulphate and isopropyl alcohol.

**MAL number: MAL19910006AZ**

**Manufacturer and Product  
Registration Holder**

Malaysian Pharmaceutical Industries  
Sdn. Bhd.

Plot 14, Lebuhraya Kampung Jawa,  
11900 Bayan Lepas, Penang, Malaysia.

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