

- If you are not sure if you have any of the conditions listed in section: **Do not take Lariam® tablets if ...**
- If you suspect that you might have any of the mental side effects listed in section: **Lariam® may cause serious mental problems ...**

I am taking Lariam® tablets (mefloquine) for malaria prevention:

Name:

Address:

Birth date:

Other medications/conditions:

In case of an emergency, please contact:

Doctor's name:

Doctor's phone number:

Doctor's stamp:

Please also contact:

Name:

Phone number:

Relationship:

Approval date of direct importer's risk minimisation material 25.02.2019

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Patient Alert Card

Lariam® 250 mg

(mefloquine)

This card contains information about possible mental side effects with Lariam® tablets.

Also read the Patient Leaflet that comes with this medicine - this gives you more detailed information about Lariam® tablets.

Keep this card with you at all times. Always show this card when you visit a doctor.

What should I know about Lariam® tablets?

- Lariam® is a prescription medicine used to prevent and treat malaria. Malaria is a life-threatening infection. Lariam® does not work for all types of malaria.
- Take Lariam® tablets as instructed by your doctor: before you travel, during your stay and after your return from a malaria area.
- Do not take Lariam® if you have or have had some mental problems because Lariam® may cause serious mental problems in some people including **suicide, suicidal thoughts and self-destructive behaviour.**

Do not take Lariam® tablets if you have or have had:

- depression, thoughts about suicide,

- other mental problems, such as anxiety disorder, schizophrenia or psychosis (losing contact with reality),
- fits (seizures or convulsions),
- an allergy to quinine, quinidine, Lariam® tablets or any of its excipients,
- severe hepatic dysfunction,
- blackwater fever (a complication of malaria that affects the blood and kidneys).

Do not take Lariam® tablets if you are currently taking a malaria medicine called halofantrine.

When should I seek advice from a health care provider?

- When taking Lariam® tablets, it is important to be aware of its possible side effects. Neuropsychiatric adverse events may occur when taking Lariam® tablets.
- Do not start taking Lariam® tablets if you are at risk of developing such events. (Please refer to **Do not take Lariam if ...**)

Lariam® may cause serious mental problems in some people.

Tell your doctor right away if you experience any of the following while taking Lariam® tablets.

- suicidal thoughts,
- self-destructive behaviour,
- severe anxiety,
- feelings of mistrust towards others,
- seeing or hearing things that are not there,

- depression,
- feeling restless,
- unusual behaviour or,
- feeling confused,
- insomnia,
- abnormal dreams/nightmares.

Please seek medical help immediately.

Use of Lariam® tablets should be discontinued immediately and replaced with another medicine to prevent malaria.

Other side effects from Lariam® tablets may include:

Fits (seizures or convulsions), hepatic dysfunction, heart problems, nausea, vomiting, diarrhoea, abdominal pain, dizziness or loss of balance (vertigo), headache, sleeping problems (sleepiness, unable to sleep, bad dreams).

How to take Lariam® tablets:

- Take the tablets once a week, always on the same weekday.
- Take the first dose of Lariam® 10 days before your travel starts: this is to make sure that Lariam® administration is well tolerated.
- Take the second dose 3 days before your travel starts.
- Continue taking the tablets throughout your travel and for 4 weeks after your return.

When should I contact a doctor?

- Immediately if you experience side effects.