

## Metoclopramide

### What is this medication for?

Metoclopramide is used to prevent and treat nausea or vomiting. It is sometimes also used to treat conditions like bloatedness and indigestion. Metoclopramide works by blocking a chemical in the brain that causes nausea and vomiting. It also increases the movement of the gut.

### How should I take/use this medication?

- Take this medication 30 minutes before food .
- Space each dose at least 6 hours apart.
- Do not exceed 30mg in any 24-hour period unless recommended by a healthcare professional.

### What should I do if I forget to take/use this medication?

- Metoclopramide is generally taken on an as-needed basis. Take regularly only when directed by the doctor.
- If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

### What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are currently breastfeeding
- You have a history of
  - Gastrointestinal obstruction or bleed
  - Kidney disease
  - Liver disease
  - Parkinson's disease (Condition that affects body movement)
  - Uncontrolled blood pressure
  - Fluid overload
- You are taking any other medications, including supplements, traditional medications, and herbal remedies.

### **What are some common side-effects of this medication?**

- Drowsiness
  - Avoid driving or engaging in activities that require concentration
- Dizziness
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- Increased levels of prolactin hormone in the body, which can lead to changes in menstrual cycle in females or abnormal breast swelling in both men and women.
  - These effects usually go away after you stop taking the medication.
  - Speak to your healthcare professional for further management if you feel bothered by the symptoms.

### **What are some rare but serious side-effects that I need to seek medical advice immediately?**

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

Very rarely, Metoclopramide can lead to tardive dyskinesia which is a serious movement disorder. This disorder can cause uncontrollable and repetitive movements of the face, tongue or limbs. Avoid using Metoclopramide unnecessarily for prolonged period without consulting your healthcare professional as it increases the risk of tardive dyskinesia. If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

### **What food or medication should I avoid when I take this medication?**

Inform your doctor if you are on any medication for:

- Treatment of a mental health condition, schizophrenia (such as Risperidone, Quetiapine, Haloperidol or Aripiprazole)
- Trimetazidine (medication used for prevention of chest pain)
- Rivastigmine (medication used for treatment of dementia)

Concurrent use of Metoclopramide with these medications can increase the risk of developing tardive dyskinesia (movement disorder).

Inform your doctor if you are on medications for Parkinson's disease as metoclopramide may reduce the effect of these medications.

**How should I store this medication?**

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

**How should I throw away this medication safely?**

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

**Disclaimers**

Please take note that the above is not a complete list of all possible side effects. If you have any concerns about your medication or if you have other side effects that you think are caused by this medication, please consult your doctor or pharmacist.

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

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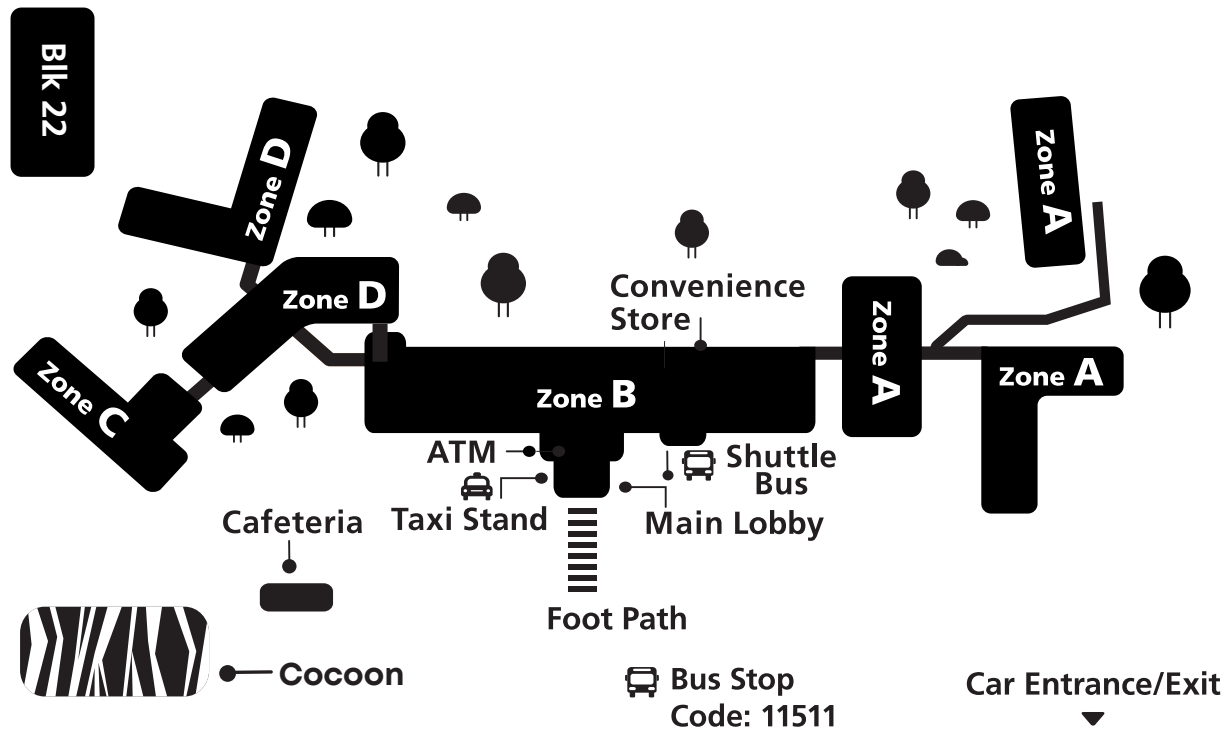
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