

Z rozmowy z Dr Matharu z dnia 23.09.2015:

Topiramate: maksymalna dawka 200mg na dobę. Skuteczność: jak niemal wszystkie niby leki dla klastrowiczów, jednemu pomoże a drugiemu wcale. Najgroźniejsze skutki uboczne z którymi można się zetknąć: depresja bądź znaczne obniżenie zadowolenia z życia, oraz problemy z oczami takie jak zaczerwienienie, dyskomfort, łzawienie, swędzenie, pogorszenie widzenia, ropienie. Gdy któreś z tych wystąpi natychmiast lek odstawić i niezwłocznie powiadomić o tym fakcie lekarza prowadzącego. Brak skutków odstawiennych więc można z dnia na dzień zrezygnować z wysokiej dawki jaką jest 200mg. Inne skutki uboczne jakie mogą wystąpić powinny ustąpić po 3 tygodniach, jednak gdy wystąpią należy z lekarzem jak najszybciej przedyskutować przyjmowaną dawkę. W klinice Dr Matharu nie odnotowano żadnych przypadków skutków nieporządkanych (klinika w Londynie, ogrom pacjentów z całego UK).

W dokumencie tym zamieściłem kopię informacji na temat leczenia z zastosowaniem topiramate. Informacje te przygotował i podpisał Dr Matharu.

Headache Group

Telephone: 0845 155 5000 Ext 72-3017 Or 72-3664 Fax: 020 7829 8784

National Hospital for Neurology & Neurosurgery

Queen Square

London

WC1N 3BG

Topiramate Regime in Headache:

Topiramate is used to prevent headaches from occurring. The dose has to be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headaches, you reach the dose recommended by your doctor or you reach the maximum dose of 100mgs twice daily. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

	Morning	Evening
For 7 days take:		25mg
For 7 days take:	25mg	25mg
For 7 days take:	25mg	50mgs
For 7 days take:	50mgs	50mgs
For 7 days take:	50mgs	100mgs
Thereafter take:	100mgs	100mgs

Side-effects:

As with all medications, there is the potential for side effects in a small number of patients. The most commonly reported side effects are: tiredness, pins and needles in the fingers and toes, dizziness, numbness, difficulty with language, nausea, diarrhoea, indigestion, dry mouth, weight loss, decrease in appetite, drowsiness, forgetfulness, difficulty with concentration or attention, difficulty in sleeping (insomnia), anxiety, mood swings, depression, changes in taste, vision disorders and kidney stones (long term use).

Rarely, sudden blurring of vision, pain and redness of the eyes has occurred, in both adults and children, typically during the first month of starting Topiramate. This can indicate raised pressure within the eye (glaucoma). If you develop any eye symptoms, particularly in the first few weeks of treatment, you should tell your doctor or contact the clinical nurse specialist immediately.

Do not stop taking Topiramate unless your doctor tells you to. If your treatment is stopped it should be done gradually.

Pregnancy and Breast feeding :

Topiramate is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions. Higher doses of the oral



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contraceptive pill are required whilst taking topiramate. Women taking the oral contraceptive pill should discuss the dose with their GP.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects. **Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.**

Written by Dr Manjit Matharu