



Topamax

This medication has been recommended as a tool to reduce the occurrence of migraine events, such as facial pain or dizziness. It is intended to **prevent** migraine occurrences, not stop them when they are occurring. Therefore, it must be used daily.

To be effective, it must work on our brain and therefore it can have unpleasant side effects. Nonetheless, it often has fewer side effects and better effectiveness than many other choices.

Dose

It is common to follow the following schedule of gradual increase in TOPAMAX. You may drop back to the next lower dosing a level if you have any side effects or stop increasing the dose if it appears to be working. Do not crush, chew or break the tablets because they have a bitter taste. To prevent kidney stones from forming, drink plenty of liquids while taking this medication unless your doctor instructs you otherwise.

TOPAMAX 25 mg tablets

week 1 start 1 tablet at bedtime

week 2 take one tablet in the morning, a second tablet at bedtime

week 3 take one tablet in the morning, two tablets at bedtime

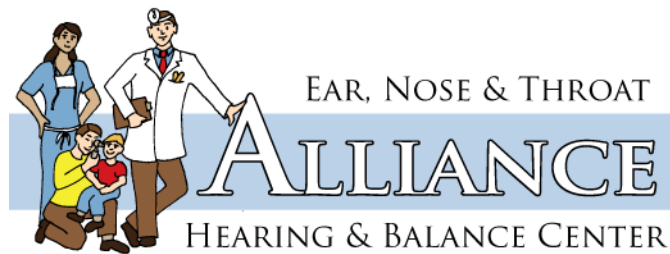
week 4 take two tablets twice a day

Most common side effects associated with TOPAMAX 100 mg:

- ❖ tingling around mouth, fingers or legs
- ❖ loss of appetite
- ❖ fatigue
- ❖ nausea
- ❖ diarrhea
- ❖ weight loss
- ❖ change in taste

The combination of TOPAMAX with a Birth Control Pill (BCP) decreases the effectiveness of the BCP and increases breakthrough bleeding.

When taking TOPAMAX, it is important to drink several glasses of fluids daily to minimize the risk of renal stone formation.



There are less common, but more **serious side effects**.

Please discontinue this medication and contact our office or your primary care physician if you are experiencing:

- ❖ blurred vision or eye pain
- ❖ decreased sweating or increased body temperature
- ❖ behavioral changes including suicidal thoughts and excessive fatigue

Risks

Caution if you have eye problems (e.g., glaucoma), kidney problems, liver problems, severe lung/breathing problems, metabolism problems (e.g., metabolic acidosis, born with metabolism disease), long-term diarrhea problem, any special diet (e.g., high-protein, ketogenic).

This drug may make you dizzy or drowsy or cause blurred vision; use caution while engaging in activities requiring alertness such as driving or using machinery. Avoid alcoholic beverages.

Topiramate can infrequently cause decreased sweating, which could raise your body temperature to unsafe levels (hyperthermia). The risk of this serious side effect is greater in hot weather and/or during vigorous exercise, especially in children. Drink plenty of fluids and dress lightly in hot weather or when exercising. Check carefully for signs of decreased sweating. If this occurs, immediately stop exercising and seek cooler shelter. Seek immediate medical attention if your body temperature is above normal or if you have mental/mood changes, headache, or dizziness.

Monitor your weight while taking this medication, and share the results with your doctor. If you lose weight unexpectedly, discuss with your doctor. You may need to change your diet.

Kidney function declines as you grow older. This medication is removed by the kidneys. Therefore, elderly people may be at greater risk for side effects such as drowsiness and dizziness while using this drug.

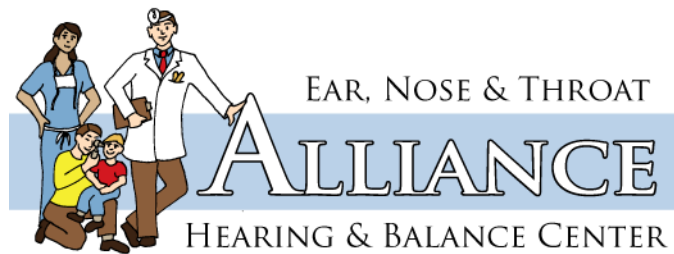
This medication should be used only when clearly needed during pregnancy.

This medication passes into breast milk and may have undesirable effects on a nursing infant.

Drug Interactions

Caution if you are taking amitriptyline, carbamazepine, metformin, phenytoin, pioglitazone, risperidone, valproic acid, "water pills" (diuretics such as hydrochlorothiazide, acetazolamide, dichlorphenamide), other drugs that cause decreased sweating (e.g., anticholinergics such as belladonna alkaloids/scopolamine, antihistamines such as hydroxyzine, phenothiazines such as chlorpromazine).

This medication may decrease the effectiveness of combination-type birth control (e.g., pills, patches). This can result in pregnancy. You may need to use an additional form of reliable birth control while using this medication.



Tell your doctor or pharmacist if you also take drugs that cause drowsiness such as: certain antihistamines (e.g., diphenhydramine), anti-seizure drugs (e.g., phenobarbital), medicine for sleep or anxiety (e.g., alprazolam, diazepam, zolpidem), muscle relaxants, narcotic pain relievers (e.g., codeine),

psychiatric medicines (e.g., haloperidol, nortriptyline, trazodone). Check the labels on all your medicines (e.g., cough-and-cold products) because they may contain drowsiness-causing ingredients.