



### **Zonisamide Regime in Headache:**

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

	<b>Morning</b>	<b>Evening</b>
For 7 days take:		<b>25mg</b>
For 7 days take:	<b>25mg</b>	<b>25mg</b>
For 7 days take:	<b>25mg</b>	<b>50mgs</b>
For 7 days take:	<b>50mgs</b>	<b>50mgs</b>
For 7 days take:	<b>50mgs</b>	<b>100mgs</b>
Thereafter take:	<b>100mgs</b>	<b>100mgs</b>

### **Side-effects:**

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: somnolence, anorexia, dizziness, ataxia, abdominal pain, dizziness, confusion, agitation, irritability, double vision, depression.

**Zonisamide can cause serious rashes requiring hospitalization and discontinuation of treatment including Steven -Johnson syndrome and toxic epidermal necrolysis.**

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

### **Pregnancy and Breast feeding :**

Zonisamide 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 contraceptive pill are required whilst taking Zonisamide. 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.**