

## Patient Card

<p>What should I know about Lariam®?</p> <ul style="list-style-type: none"> <li>Lariam® is a prescription medicine used to prevent and treat malaria. Malaria is a potentially life-threatening infection. Lariam® is not effective for all types of malaria.</li> <li>As instructed by your doctor, you should take Lariam® before you travel, during your stay and following your return from the malaria area.</li> <li>Do not take Lariam® if you have, or have had in the past, any mental disorders, as in some people Lariam® may cause serious mental health problems, including <b>suicide, suicidal thoughts and self-harming behaviour.</b></li> </ul>	<p><b>Do not take Lariam® if you have, or have had in the past, any of the following:</b></p> <ul style="list-style-type: none"> <li>Depression, suicidal thoughts</li> <li>Any other mental disorder, including anxiety disorder, schizophrenia or psychosis (loss of touch with reality)</li> <li>Epileptic fits (convulsions)</li> <li>Allergy to quinine, quinidine, Lariam® or any of its ingredients</li> <li>Serious liver problems</li> <li>Blackwater fever (a complication of malaria that affects the blood and kidneys).</li> </ul> <p><b>Do not take Lariam® if you are taking a medicine for malaria called Halofantrine.</b></p>	<p>When should I seek advice from my health care provider?</p> <ul style="list-style-type: none"> <li>When taking Lariam®, it is important to be aware of its possible side effects. When taking Lariam® adverse events of a neuropsychiatric nature may be manifested.</li> </ul> <p>Do not start to take Lariam® if you are at risk of developing these events (see section "<b>Do not take Lariam® if</b>").</p>	<h2>Patient Card</h2> <h3>Lariam® 250 mg (mefloquine)</h3> <p>This card illustrates important possible mental health side effects that may be manifested with Lariam®.</p> <p>Please also read the patient leaflet provided with the medicine, as it contains full details about Lariam®.</p> <p>Keep this card with you at all times.</p> <p>Please show this card to all doctors who see you.</p>
<p>In some people, Lariam® may cause serious mental disorders. <b>Notify your doctor immediately if you experience any of the following symptoms whilst taking Lariam®:</b></p> <ul style="list-style-type: none"> <li>Suicidal thoughts</li> <li>Self-harming behaviour</li> <li>Severe anxiety</li> <li>Feelings of mistrust towards others</li> <li>Seeing or hearing things that do not exist</li> <li>Depression</li> <li>Restlessness</li> <li>Unusual behaviour or</li> <li>Feeling confused</li> <li>Insomnia</li> <li>Abnormal dreams/nightmares.</li> </ul> <p><u>Please seek medical help immediately. Lariam® should be discontinued immediately and replaced with another medicine for the prevention of malaria.</u></p>	<p><b>Other side effects of Lariam® may include:</b> epileptic fits (convulsions), liver problems, heart problems, nausea, vomiting, diarrhoea, abdominal pain, dizziness or loss of balance (vertigo), headache, sleep problems (drowsiness, inability to sleep, bad dreams).</p> <p><b>How to take Lariam®:</b></p> <ul style="list-style-type: none"> <li>Take the tablets once a week, always on the same day. Start to take the first dose of Lariam® 10 days before your departure: this is to ensure that you tolerate Lariam® administration.</li> <li>Take the second dose 3 days before your departure.</li> <li>You should continue to take the tablets throughout your stay and for 4 weeks following your return.</li> </ul>	<p><b>When should I seek advice from my doctor?</b></p> <ul style="list-style-type: none"> <li>At any time if you experience side effects</li> <li>If you are not sure whether you have experienced any of the problems listed (<i>reference to the precise position in section 1</i>)</li> <li>If you think you may have one of the side effects listed (<i>reference to the precise position in section 3</i>)</li> </ul> <p><b>I am taking malaria chemoprophylaxis with Lariam® (mefloquine).</b></p> <p>Name and surname:</p> <p>Address:</p> <p>Date of birth:</p> <p>Other medications/conditions:</p>	<p><b>In case of emergency, please notify:</b></p> <p>Doctor's name and surname:</p> <p>Doctor's phone number:</p> <p>Doctor's stamp:</p> <p><b>Please also notify:</b></p> <p>Name and surname:</p> <p>Phone number:</p> <p>Relationship:</p>