

**WHITE FLINT PHARMACY**  
**11125 Rockville Pike , Rockville , MD , 20852**  
**Phone#: 3018813828 Fax#: 3017709629**

**Drug NDC:** 10144-0604-15  
**Drug Name:** ZANAFLEX

**What is this medicine?**

TIZANIDINE (tye ZAN i deen) helps to relieve muscle spasms. It may be used to help in the treatment of multiple sclerosis and spinal cord injury.

**This medicine may be used for other purposes; ask your health care provider or pharmacist if you have questions.**

**How should I use this medicine?**

Take this medicine by mouth with a full glass of water. Take this medicine on an empty stomach, at least 30 minutes before or 2 hours after food. Do not take with food unless you talk with your doctor. Follow the directions on the prescription label. Take your medicine at regular intervals. Do not take your medicine more often than directed. Do not stop taking except on your doctor's advice. Suddenly stopping the medicine can be very dangerous. Talk to your pediatrician regarding the use of this medicine in children. Patients over 65 years old may have a stronger reaction and need a smaller dose.

**Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once. NOTE: This medicine is only for you. Do not share this medicine with others.**

**What should I tell my health care provider before I take this medicine?**

They need to know if you have any of these conditions: kidney disease liver disease low blood pressure mental disorder an unusual or allergic reaction to tizanidine, other medicines, lactose (tablets only), foods, dyes, or preservatives pregnant or trying to get pregnant breast-feeding

**What if I miss a dose?**

If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.

**Where should I keep my medicine?**

Keep out of the reach of children. Store at room temperature between 15 and 30 degrees C (59 and 86 degrees F). Throw away any unused medicine after the expiration date.

**NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.**

**What should I watch for while using this medicine?**

Tell your doctor or health care professional if your symptoms do not start to get better or if they get worse. You may get drowsy or dizzy. Do not drive, use machinery, or do anything that needs mental alertness until you know how this medicine affects you. Do not stand or sit up quickly, especially if you are an older patient. This reduces the risk of dizzy or fainting spells. Alcohol may interfere with the effect of this medicine. Avoid alcoholic drinks. If you are taking another medicine that also causes drowsiness, you may have more side effects. Give your health care provider a list of all medicines you use. Your doctor will tell you how much medicine to take. Do not take more medicine than directed. Call emergency for help if you have problems breathing or unusual sleepiness. Your mouth may get dry. Chewing sugarless gum or sucking hard candy, and drinking plenty of water may help. Contact your doctor if the problem does not go away or is severe.

**What side effects may I notice from receiving this medicine?**

Side effects that you should report to your doctor or health care professional as soon as possible: allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue; breathing problems; hallucinations; signs and symptoms of liver injury like dark yellow or brown urine; general ill feeling or flu-like symptoms; light-colored stools; loss of appetite; nausea; right upper quadrant belly pain; unusually weak or tired; yellowing of the eyes or skin; signs and symptoms of low blood pressure like dizziness; feeling faint or lightheaded, falls; unusually weak or tired; unusually slow heartbeat; unusually weak or tired. Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome): blurred vision; constipation; dizziness; dry mouth; tiredness

**This list may not describe all possible side effects. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.**