

Q&A



 **TARGINACT**[®]
OXYCODONE/NALOXONE

WHY

READ THIS LEAFLET?

This leaflet is for patients who have been prescribed *Targinact* tablets and want to know more.

It explains:

- why you have been prescribed *Targinact* tablets;
- how they work; and
- what side-effects you may experience.

If your questions are not answered in this leaflet, there are some useful website links on Page 21.

WHY

HAVE I BEEN PRESCRIBED *Targinact*?

You have been prescribed *Targinact* tablets to try and reduce your pain, and alleviate constipation which can be caused by taking certain pain-reducing drugs.

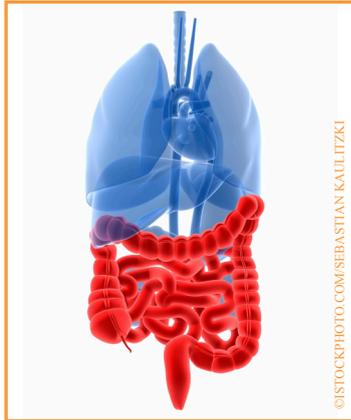
This leaflet describes how *Targinact* tablets work.

WHAT

IS *Targinact*?

Targinact tablets are a pain-reducing drug, belonging to a family of drugs called opioids.

All opioids can cause gastrointestinal side-effects such as constipation. *Targinact* tablets may reduce this side-effect as well as reducing your pain.



WHAT IS

PAIN

Pain is an unpleasant sensation often associated with damage to the body because of injury or disease. We all know what it feels like to be in pain and that it can vary from almost unnoticeable pain to being unbearable.

Pain can be described as either acute or chronic.

- **Acute pain** is usually short in duration, e.g. until an injury heals.
- **Chronic pain** is pain that continues for a longer period. It may be caused by an initial injury or an ongoing disease such as arthritis. In some people, the pain may not be related to any past injury or damage.

Pain cannot be seen and is difficult to measure, so this presents a challenge to your doctor. Only you know how bad your pain is and how it affects your life.

For you, the challenge is to communicate this effectively to your doctor or nurse to help them understand and help you in the best way possible.

Some of the words commonly used to describe pain, which you could use to talk about your pain with your doctor, are:

- Aching.
- Stabbing.
- Throbbing.
- Burning.
- Numbing.
- Gnawing.
- Tingling.
- Shooting.

HOW CAN WE TREAT PAIN?

Your pain is individual and it may take several attempts to find the right treatment approach for you. This may include medicines or other pain management strategies. A number of approaches to manage pain are listed below, including traditional drug treatment and physiotherapy, as well as complementary approaches.

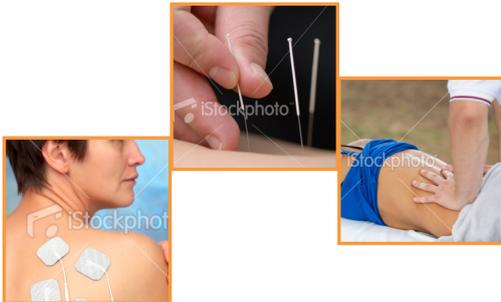
NON-MEDICINE PAIN MANAGEMENT

Strategies for non-medicine pain management include:

- applying heat or cold to the painful area;
- massage/rubbing;

- distraction;
- relaxation techniques;
- TENS (transcutaneous electrical nerve stimulation; a device that delivers small electrical pulses to the painful area through electrodes placed on the skin);
- pacing activities, balancing exercise and rest;
- acupuncture/complementary therapies.

These strategies can be used alongside *Targinact* and other pain medicines.



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WHAT_{IS} *Targinact* MADE OF?

Targinact tablets are made up of two drugs, one called oxycodone (pronounced ox-e-code-own) and another drug called naloxone (pronounced nal-ox-own).

The oxycodone reduces pain while the naloxone helps to reduce the constipation which can be caused by some pain relieving medications.

WHAT IS CONSTIPATION?

Constipation occurs when you have the urge to pass stools less frequently than is normal *for you*.

This does not mean not going to the toilet every day, as everyone is different. Whilst some people do have a bowel movement every day, many people need to go to the toilet less often and this is completely normal.

Many people think they are constipated when, in fact, their bowel movements are regular. For example, some people believe they are constipated, or irregular, if they do not have a bowel movement every day.

However as long as it is comfortable to go to the toilet and you do not experience other symptoms associated with constipation such as bloating, cramps or nausea, it is unlikely that you have constipation.

People with constipation may pass small amounts of hard, dry stools, and may find it difficult and painful to have a bowel movement. Other symptoms of constipation include feeling bloated, uncomfortable and sluggish.

There are many causes of constipation. In most cases, constipation is temporary and not serious. Understanding causes, prevention, and treatment will help most people find relief.

Common ways to treat constipation include:

- drinking more liquids;
- increasing the amount of fibre in your diet (fibre is found mainly in cereal foods, beans, lentils, fruit and vegetables);
- increased activity e.g. walking, housework, exercise;
- never ignoring the urge to go to the toilet.



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All opioids can cause constipation. If you experience constipation, you should discuss it with your doctor so that the precise cause can be determined.

In this leaflet, we are focusing on constipation caused by medications, in particular opioids. This form of constipation is called opioid-induced constipation.

WHAT CAN I EXPECT WHEN I TAKE *Targinact*?

When you are taking *Targinact* tablets and you and your GP have found the dose that's right for you, you can expect that your pain should be controlled and that you will be able to continue your daily activities. If you do not find that your pain is controlled then you should go back and see your doctor.

You may also find, particularly if you have taken other opioids before, that you have more bowel movements than before and that the stools you pass are softer and easier.

WILL I GET ANY SIDE-EFFECTS WHEN I TAKE *Targinact*?

Just like other opioid pain-reducing drugs, you may find that you experience side-effects when you take *Targinact* tablets.

The most common side-effects (affecting between 1 – 10 % of people taking *Targinact* tablets) are:

- gastrointestinal disorders - abdominal pain, constipation, diarrhoea, dry mouth, feeling or being sick, wind or indigestion;
- nervous system disorders - a feeling of dizziness or 'spinning', or headache;
- skin disorders - itchy skin, skin reactions/ rash or sweating;

- general disorders - feeling hot and cold, chills, general weakness or withdrawal symptoms such as agitation, anxiety, shaking or sweating;
- decreased appetite or loss of appetite;
- feeling restless;
- fall in blood pressure;
- changes in the results of blood tests that show how well your liver is working.

Initial short-term diarrhoea may be caused when you start treatment with *Targinact* tablets because of the increased movement of your gut. Although unpleasant, this should stop when your body gets used to *Targinact*.

If you do experience any of these side-effects and are worried about them, then talk to your GP who will be able to offer advice to help you.

WHO SHOULD NOT TAKE *Targinact*?

Do not take *Targinact* tablets:

- if you are allergic (hypersensitive) to oxycodone or naloxone, or any of the other ingredients in the tablets;
- if you have breathing problems, such as breathing more slowly or weakly than expected (respiratory depression);
- if you suffer from a severe lung disease associated with narrowing of the airways (chronic obstructive pulmonary disease or COPD);
- if you suffer from a condition known as cor pulmonale. In this condition, the right side of the heart becomes enlarged due to increased pressure inside blood vessels

in the lungs (this can occur as a result of COPD – see the previous page);

- if you suffer from severe bronchial asthma;
- if you have a type of bowel obstruction (paralytic ileus) not caused by opioids;
- if you have moderate to severe liver problems.

CAN I **DRIVE** WHILST TAKING *Targinact*?

When you are taking *Targinact* your ability to drive or operate machinery may be impaired.

This is more likely at the beginning of your treatment, when your dose of *Targinact* is increased, or if *Targinact* is taken with drugs that suppress the central nervous system, e.g. alcohol.



Patients who have been taking the same dose of *Targinact* for a while may not be affected. Check with your doctor to see if you should drive or operate machinery.

FURTHER INFO

For further information about *Targinact*, please read the patient information leaflet. A copy is available with your *Targinact* tablets, or from your doctor, nurse or pharmacist.



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USEFUL WEBSITES

- Arthritis care.
www.arthritiscare.org.uk/Home
- Back care.
www.backcare.org.uk



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