

Medication Information Card

Phenobarbital (Fee – no – bar – bi – tal)

How this medication is used

This medication is used to control or prevent seizures.

This medication may be used to relieve anxiety and help you sleep.

How to take this medication

Take this medication exactly as directed by your doctor. It is usually taken at bedtime because this medication makes you sleepy. It must be taken regularly to prevent seizures, even if you feel well.

It is important to see your doctor regularly, while taking this medication.

Do not stop taking this medication without checking with your doctor first.

When it is time to stop taking this medication, your doctor may slowly decrease the amount of medication.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for the next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

Tablet: Take with a full glass of water or other liquid.

Liquid: May be mixed with water or juice.

This medication will prevent oral contraceptives (birth control pills) to not work properly. To avoid unwanted pregnancy, talk to your doctor about using another form of birth control.

While taking this medication you may notice

- nausea and vomiting
- diarrhea or constipation
- a change in coordination
- dizziness
- drowsiness

Most of these side effects will go away as your body gets used to this medication.

This medication can make you drowsy. Until you know how this medication affects you, do not drive or operate machinery.

To prevent constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

This medication increases the effects of alcohol, making you more sleepy, dizzy and lightheaded. Do not drink alcohol such as wine, beer or liquor while on this medication.

Contact your doctor if you notice

- confusion
- feeling more anxious, nervous, or irritable
- trouble sleeping
- unusual eye movements
- signs of bleeding such as easy bruising, nosebleeds, black or bloody stools, red urine
- yellowing of eyes or skin
- joint, muscle or bone pain
- you have more seizures
- skin rash