

MEMANTINE

DRUG NAME

Generic: Memantine

Class of drug: NMDA antagonist

Brands in Australia: Ebixa, Memantine, Memanxa (other generic brands available)

DOSAGE FORM

Available as a 10 mg tablet. Quantity 56.

Also available as a 20 mg tablet. Quantity 28.

HOW IT WORKS

Memantine is an **NMDA receptor antagonist**. It blocks excessive glutamate activity in the brain and spinal cord. This can help reduce **nerve excitability and chronic pain sensitisation**.

Approved for moderate to severe Alzheimer's disease. Sometimes used "off-label" in pain management, particularly for neuropathic pain or central sensitisation syndromes.

Onset of action

- May take **2–4 weeks** to notice benefit.
- Full effect may take **6–8 weeks** of regular dosing.

It is not on the PBS for pain; only Alzheimer's disease.

DOSAGE & FREQUENCY

Your doctor will advise on the starting dose and guide the dose changes.

- start with _____
- if tolerated, increase to _____ after _____ days
- if necessary, increase by _____ every _____ week(s)
- if successive increases are well tolerated *and bring additional benefit*, continue to titrate up to a maximum of _____
- to be reviewed by your doctor on _____

ROUTE OF ADMINISTRATION

Oral (by mouth) unless otherwise specified.

WHAT ELSE SHOULD I KNOW WHILE TAKING THIS MEDICATION

- This medicine may make you feel drowsy or dizzy; avoid operating machinery.
- Take at the same time each day, with or without food.
- Swallow tablets with water.
- Do not stop suddenly unless advised by your doctor.

STORAGE INSTRUCTIONS

Store at room temperature, below 25°C, away from moisture and sunlight. Keep out of reach of children.

DISPOSAL INSTRUCTIONS

Return unused or expired medication to your pharmacy for safe disposal.

MISSED DOSE INSTRUCTIONS

Ask your doctor or pharmacist.

EMERGENCY INSTRUCTIONS

Seek urgent medical help if you:

- Take too much (overdose may cause confusion, agitation, dizziness, fainting, hallucinations, or seizures).
- Develop severe allergic reaction (rash, swelling, breathing problems).

COMMON SIDE EFFECTS

Confusion, dizziness, drowsiness, headache, insomnia, agitation, hallucinations, dyspnoea, hypersensitivity.

SERIOUS SIDE EFFECTS

Risk of seizures, heart failure, kidney or liver failure.

MANAGEMENT STRATEGIES FOR SIDE EFFECTS

- Dizziness: Stand up slowly; avoid driving until you know your response.
- Constipation: Increase fluids, fibre, and gentle exercise.
- Headache: Hydration and simple pain relief (e.g., paracetamol if approved by your doctor).

OTHER IMPORTANT INFORMATION

Interactions:

- May interact with other NMDA blockers (amantadine, ketamine, dextromethorphan).
- Caution with medicines affecting kidney function.

Precautions:

- Dose adjustment may be needed in kidney disease.
- Not recommended in those with a history of seizures.

TITRATION DIARY

Date	Dose Taken	Side Effects	Notes (e.g., sleep, pain relief)
