

# Notalgia

## **Composition**

Pregabalin (75 mg) + Nortriptyline (10 mg) + Methylcobalamin (1500 mcg)

## **STORAGE**

Store below 30°C

## **PRODUCT INTRODUCTION**

Notalgia Tablet is a combination medicine used to treat neuropathic pain. It works by decreasing pain by controlling calcium channel activity of the nerve cells. It also increases the level of chemical messengers in the brain that help in regulating the mood and protect nerve fibers.

Notalgia Tablet can be taken with or without food. However, it is advised to take it at the same time each day as this helps to maintain a consistent level of medicine in the body. Take this medicine in the dose and duration advised by the doctor. If you miss a dose of this medicine, take it as soon as you remember. Finish the full course of the treatment even if you feel better. It is important not to stop taking this medicine suddenly as it may worsen your symptoms.

Some common side effects of this medicine include constipation, weight gain, and dryness in mouth. It may cause dizziness and sleepiness, so do not drive or do anything that requires mental focus until you know how this medicine affects you. This medicine may cause weight gain and to control it, you should have a balanced diet and exercise regularly. You must inform your doctor if you develop any unusual changes in mood or behavior, new or worsening depression, or suicidal thoughts.

Before taking this medicine let your doctor know if you suffer from kidney or liver disease. Your doctor should also know about all other medicines you are taking as many of these may make this medicine less effective or change the way it works. Inform your doctor if you are pregnant, planning pregnancy or breastfeeding.

## **USES OF NOTALGIA TABLET**

### **In Treatment of Neuropathic pain**

Notalgia Tablet is a combination of medicines used to treat long-lasting (chronic) pain caused by nerve damage due to diabetes, shingles, or spinal cord injury. It reduces pain and its associated symptoms such as mood changes, sleep problems, and tiredness. It is thought to work by interfering with pain signals that travel through the damaged nerves and the brain. It also contains nutritional supplements that are essential for improving nerve conduction.

Taking Notalgia Tablet regularly will improve your physical and social functioning and overall quality of life. It takes a few weeks to work so you need to take it regularly even if you feel it is not doing any good. Once your symptoms have gone you should still keep taking the medicine until your doctor advises you to stop.

### **HOW TO USE NOTALGIA TABLET**

Take this medicine in the dose and duration as advised by your doctor. Swallow it as a whole. Do not chew, crush or break it. Notalgia Tablet may be taken with or without food, but it is better to take it at a fixed time.

### **HOW NOTALGIA TABLET WORKS**

Notalgia Tablet is a combination of three medicines: Pregabalin, Nortriptyline and Methylcobalamin. Pregabalin is an alpha 2 delta ligand which decreases pain by modulating calcium channel activity of the nerve cells. Nortriptyline is a tricyclic antidepressant which increases the levels of chemical messengers (serotonin and noradrenaline) that stop the movement of pain signals in the brain. Methylcobalamin is a form of vitamin B which helps in the production of myelin, a substance that protects nerve fibers and rejuvenates damaged nerve cells. Together, they relieve neuropathic pain (pain from damaged nerves).

### **WHAT IF YOU FORGET TO TAKE NOTALGIA TABLET?**

If you miss a dose of Coliocal XT Tablet, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular schedule. Do not double the dose.

### **Warnings for special population**

#### **Pregnancy**

Notalgia Tablet is not recommended during pregnancy as it may harm your foetus. Consult your doctor if you are pregnant.

#### **Breast-feeding**

Notalgia Tablet is not recommended while breastfeeding as it may pass into breastmilk. Consult your doctor if you are breastfeeding.

### **General warnings**

Kidney disease - Notalgia Tablet should be used with caution if you have kidney problems as this medicine is excreted via the urine. Your doctor will closely monitor your kidney function while taking this medicine. Your doctor may recommend dose adjustment or an alternative medicine based on your clinical condition.

Suicidal tendencies- Notalgia Tablet should be used with caution as it may increase the risk of suicidal thoughts, especially if you have displayed such tendencies in your past. Close monitoring of mood and behaviour is recommended. Inform your doctor if you experience any symptoms.

Driving or operating machines -Notalgia Tablet should be used with caution as it may increase the risk of drowsiness, dizziness, difficulty in concentrating, etc. in some patients. Hence, you should not perform any activities such as driving a vehicle or operating machinery if you experience any of these symptoms during treatment with this medicine.

Withdrawal symptoms - Sudden discontinuation of Notalgia Tablet may lead to withdrawal symptoms such as irritability, mood swings, depression, nervousness, etc. Do not stop the use of this medicine without consulting your doctor.

Potential for abuse - Notalgia Tablet may cause dependency, especially if you have used other recreational medicines in the past. Inform your doctor if you had a history of substance abuse before receiving this medicine. Your doctor may prescribe a suitable alternative.

High creatinine kinase levels - Myopathy is a condition in which the muscles do not function properly leading to muscle weakness. Use Notalgia Tablet with caution in such conditions as this medicine causes an increase in the creatine kinase levels which may worsen your condition.

Liver diseases - Notalgia Tablet should be used with caution if you have liver problems as it may lead to undesired effects. Your doctor will closely monitor your liver functions while taking this medicine and/or recommend dose adjustments based on your clinical condition.

Surgery - If anaesthesia is given during treatment with Notalgia Tablet, it may increase the risk of side effects like low blood pressure and irregular heart rhythm. Hence, inform your doctor about the use of this medicine before undergoing any surgery.

Use in Children - Notalgia Tablet is not recommended in children below 18 years of age since the safety and efficacy of this medicine is not clinically established.