B. PACKAGE LEAFLET

Package leaflet: Information for the patient

Submena 100 microgram, tabletten voor sublinguaal gebruik
Submena 200 microgram, tabletten voor sublinguaal gebruik
Submena 300 microgram, tabletten voor sublinguaal gebruik
Submena 400 microgram, tabletten voor sublinguaal gebruik
Submena 600 microgram, tabletten voor sublinguaal gebruik
Submena 800 microgram, tabletten voor sublinguaal gebruik

fentanyl

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What <<Product Name>> is and what it is used for
2. What you need to know before you take <<Product Name>>
3. How to take <<Product Name>>
4. Possible side effects
5. How to store <<Product Name>>
6. Contents of the pack and other information

1. What <<Product Name>> is and what it is used for

<<Product Name>> is a treatment for adults **who must already regularly be taking strong pain-relieving medicine (opioids)** for their persistent cancer pain, but require treatment for their breakthrough pain. If you are not sure, talk to your doctor.

Breakthrough pain is pain which occurs suddenly, even though you have taken or used your usual opioid pain-relieving medicine.

The active substance in <<Product Name>> sublingual tablets is fentanyl. Fentanyl belongs to a group of strong pain-relieving medicines called opioids.

2. What you need to know before you take <<Product Name>>

Do not take <<Product Name>>

- If you are allergic to fentanyl or any of the other ingredients of this medicine (listed in section 6)
- If you have severe breathing problems
- If you are not regularly using a prescribed opioid medicine (e.g codeine, fentanyl, hydromorphone, morphine, oxycodone, pethidine), every day on a regular schedule, for at least a week, to control your persistent pain. If you have not been using these medicines you must not use <<Product Name>> because it may increase the risk that breathing could become dangerously slow and/or shallow, or even stop.
- If you suffer from short-term pain other than breakthrough pain.
- If you are being treated with medicines containing sodium oxybate.

Warnings and precautions

Store this medicine in a safe and secure place, where other people cannot access it (see section 5 'How to store <<Product name>>' for more information).

Talk to your doctor or pharmacist before taking <<Product Name>> if you have or have recently had any of the following, as your doctor will need to take account of these when prescribing your dose:

- a head injury, because <<Product Name>> may cover up the extent of the injury
- breathing problems or suffer from myasthenia gravis (a condition characterised by muscle weakness)
- if you have problems with your heart especially slow heart rate
- low blood pressure
- liver or kidney disease, as this may require your doctor to more carefully adjust your dose
- a brain tumour and/or raised intracranial pressure (an increase of pressure in the brain which causes severe headache, nausea/vomiting and blurred vision)
- mouth wounds or mucositis (swelling and redness of the inside of the mouth)
- if you take antidepressants or antipsychotics please refer to the section 'Other medicines and <<Product Name>>'.
- if you have ever developed adrenal insufficiency or lack of sex hormones (androgen deficiency) with opioid use.

When taking <<Product Name>>, inform your doctor or dentist that you are taking this medicine, if:

- you are to have any surgery
- you experience pain or increased sensitivity to pain (hyperalgesia) which does not respond to a higher dosage of your medicine as prescribed by your doctor
- you experience a combination of the following symptoms: nausea, vomiting, anorexia, fatigue, weakness, dizziness and low blood pressure. Together these symptoms may be a sign of a potentially life-threatening condition called adrenal insufficiency, a condition in which the adrenal glands do not produce enough hormones

<u>Long-term use and tolerance</u>

This medicine contains fentanyl which is an opioid medicine. Repeated use of opioid painkillers can result in the drug being less effective (you become accustomed to it, known as drug tolerance). You may also become more sensitive to pain while using <<Product name>>. This is known as hyperalgesia. Increasing the dose of <<Product name>> may help to further reduce your pain for a while, but it may also be harmful. If you notice that your medicine becomes less effective, talk to your doctor. Your doctor will decide whether it is better for you to increase the dose or to gradually decrease your use of <<Product name>>.

<u>Dependence and addiction</u>

This medicine contains fentanyl, which is an opioid. It can cause dependence and/or addiction.

Repeated use of <<Product name>> can also lead to dependence, abuse and addiction which may result in life-threatening overdose. The risk of these side effects can increase with a higher dose and longer duration of use. Dependence or addiction can make you feel that you are no longer in control of how much medicine you need to use or how often you need to use it. You might feel that you need to carry on using your medicine, even when it doesn't help to relieve your pain.
The risk of becoming dependent or addicted varies from person to person. You may have a greater risk of becoming dependent or addicted on <<Product name>> if:

- You or anyone in your family have ever abused or been dependent on alcohol, prescription medicines or illegal drugs ("addiction").
- You are a smoker.
- You have ever had problems with your mood (depression, anxiety or a personality disorder) or have been treated by a psychiatrist for other mental illness.

If you notice any of the following signs whilst using <<Product name>>, it could be a sign that you have become dependent or addicted.

- You need to use the medicine for longer than advised by your doctor
- You need to use more than the recommended dose
- You are using the medicine for reasons other than prescribed, for instance, 'to stay calm' or 'help you sleep'
- You have made repeated, unsuccessful attempts to quit or control the use of the medicine
- When you stop taking the medicine you feel unwell (e.g. nausea, vomiting, diarrhoea, anxiety, chills, tremor, and sweating), and you feel better once using the medicine again ('withdrawal effects')

If you notice any of these signs, speak to your doctor to discuss the best treatment pathway for you, including when it is appropriate to stop and how to stop safely.

Sleep-related breathing disorders

<<Product name>> can cause sleep-related breathing disorders such as sleep apnoea (breathing pauses during sleep) and sleep related hypoxemia (low oxygen level in the blood). The symptoms can include breathing pauses during sleep, night awakening due to shortness of breath, difficulties in maintaining sleep or excessive drowsiness during the day. If you or another person observe these symptoms, contact your doctor. A dose reduction may be considered by your doctor.

Other medicines and <<Product Name>>

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines (other than your regular opioid pain-relieving medicine).

Some medicines may increase or decrease the effects of <<Product Name>> . Therefore if you start, change the dose of, or stop therapy with the following medication tell your doctor as they may need to adjust your dose of <<Product Name>> :

- Certain types of antifungal medicines containing e.g. ketoconazole or itraconazole (used to treat fungal infections).
- Certain types of antibiotic medicines called macrolides, containing e.g. erythromycin (used to treat infections).
- Certain types of antiviral medicines called protease inhibitors, containing e.g. ritonavir (used to treat infections caused by viruses).
- Rifampin or rifabutin (medicines used to treat bacterial infections)
- Carbamazepine, phenytoin or phenobarbital (medicines used to treat convulsions/fits).
- Herbal medicines containing St John's wort (*Hypericum perforatum*)
- Medicines containing alcohol
- Medicines called monoamine-oxidase (MAO) inhibitors, which are used for severe depression and Parkinson's disease. Tell your doctor if you have taken this type of medicine within the last two weeks
- Certain types of strong pain killers, called partial agonist/antagonists e.g. buprenorphine, nalbuphine and pentazocine (medicines for treatment of pain). You could experience symptoms of withdrawal syndrome (nausea, vomiting, diarrhoea, anxiety, chills, tremor, and sweating) while using these medicines.

<<Product Name>> may add to the effect of medicines that make you feel sleepy (sedative medicines), including:

- other strong **pain-relieving medicines** (opioid-type medicines e.g. for pain and cough)
- general anaesthetics (used to make you sleep during operations)
- muscle relaxants
- sleeping tablets
- medicines used to treat
  - depression
  - allergies
  - anxiety (such as benzodiazepines e.g. diazepam) and psychosis
- medicines containing clonidine (used to treat high blood pressure).
- some painkillers for nerve pain (gabapentin and pregabalin)

Use of <<Product name>> at the same time as medicines that make you feel sleepy (sedative medicines), such as benzodiazepines, increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, use of <<Product name>> together with sedative medicines should only be considered when other treatment options are not possible.

However, if your doctor does prescribe <<Product name>> together with sedative medicines, the dose and duration of treatment should be limited by your doctor.

Please tell your doctor about all sedative medicines you are taking, and follow your doctor's dose recommendation closely. It could be helpful to inform friends or relatives to be aware of the signs and symptoms stated above. Contact your doctor when experiencing such symptoms.

The risk of certain other side effects increases if you are taking medicines such as certain antidepressants or antipsychotics. <<Product Name>> may interact with these medicines and you may experience mental status changes (e.g. agitation, hallucinations, coma), and other effects such as body temperature above 38°C, increase in heart rate, unstable blood pressure, and exaggeration of reflexes, muscular rigidity, lack of coordination and/or gastrointestinal symptoms (e.g nausea, vomiting, diarrhoea). Your doctor will tell you whether <<Product Name>> is suitable for you.

<<Product Name>> with food, drink and alcohol
<<Product Name>> can make some people feel drowsy. Do not consume alcohol without consulting your doctor as it might make you feel more drowsy than usual.

Do not drink grapefruit juice while you are prescribed <<Product Name>> treatment as it may increase the side effects of <<Product Name>> .

Pregnancy and breast-feeding
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

You must not use <<Product Name>> during pregnancy unless you have been specifically told to by your doctor.

Fentanyl can get into breast milk and may cause side effects in the breast-fed infant. Do not use <<Product Name>> if you are breast-feeding. You should not start breast-feeding until at least 5 days after the last dose of <<Product Name>> .

Driving and using machines
<<Product Name>> may impair your mental and/or physical ability to perform potentially hazardous tasks such as driving or operating machinery.

If you feel dizzy, sleepy or have blurred vision when you take <<Product Name>> , do not drive or use machinery

<<Product Name>> contains sodium
This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium- free'.

3. How to take <<Product Name>>

Before taking <<Product Name>> for the first time your doctor will explain how <<Product Name>> should be taken to effectively treat your breakthrough pain.

Before starting treatment and regularly during treatment, your doctor will also discuss with you what you may expect from using <<Product name>>, when and how long you need to take it, when to contact your doctor, and when you need to stop it (see also section 2).

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

This product should ONLY be used by you according to your doctor's instructions. It should not be used by anyone else as it could present a SERIOUS risk to their health, especially in children.

<<Product Name>> is a different type of medication from other medicines you may have used to treat your breakthrough pain. **You must always use the dose of <<Product Name>> as prescribed by your doctor** – this may be a different dose from that which you have used with other medicines for breakthrough pain.

Starting Treatment – Finding the most appropriate dose
For <<Product Name>> to work successfully, your doctor will need to identify the most appropriate dose for treating your breakthrough pain. <<Product Name>> is available in a range of strengths. You may need to try different strengths of <<Product Name>> over a number of episodes of breakthrough pain to find the most appropriate dose. Your doctor will help you do this and will work with you to find the best dose to use.

If you do not get adequate pain relief from one dose your doctor may ask you to take an extra dose to treat an episode of breakthrough pain.

Do not take a second dose **unless your doctor tells you to**, as this may result in overdose.

Sometimes your doctor may advise you to take a dose which consists of more than one tablet at a time.
Only do this if directed by your doctor.

Wait at least 2 hours from taking your last dose before treating your next episode of breakthrough pain with <<Product Name>> .

Continuing Treatment - Once you have found the most appropriate dose
Once you and your doctor have found a dose of <<Product Name>> that controls your breakthrough pain you should take this dose no more than four times a day. **A dose of <<Product Name>> may consist of more than one tablet**.

Wait at least 2 hours from taking your last dose before treating your next episode of breakthrough pain with <<Product Name>>.

If you think that the dose of <<Product Name>> that you are using is not controlling your breakthrough pain satisfactorily tell your doctor, as he may need to adjust your dose.

You must not change your dose of <<Product Name>> unless directed by your doctor.

Taking the medicine
<<Product Name>> should be used sublingually, which means that the tablet should be placed under the tongue where it dissolves rapidly in order to allow fentanyl to be absorbed across the lining of the mouth. Once absorbed, fentanyl starts to work to relieve pain.

When you get an episode of breakthrough pain, take the dose advised by your doctor as follows:

- If your mouth is dry, take a sip of water to moisten it. Spit out or swallow the water.
- Remove the tablet(s) from the blister pack immediately before use as follows:
  - Separate one of the blister squares from the pack by tearing along the dotted lines/perforations (keep the remaining blister squares together).
  - Peel back the edge of the foil where the arrow is shown and gently remove the tablet. Do not try to push <<Product Name>> sublingual tablets through the foil top, as this will damage them.
- Place the tablet under your tongue as far back as you can and let it dissolve completely.
- <<Product Name>> will dissolve rapidly under the tongue and be absorbed in order to provide pain relief. It is therefore important that you do not suck, chew or swallow the tablet.
- You should not drink or eat anything until the tablet has completely dissolved under your tongue.

If you take more <<Product Name>> than you should
- remove any remaining tablets from your mouth
- tell your carer or another person what has happened
- you or your carer should immediately contact your doctor, pharmacist or local hospital and discuss what action to take
- while waiting for the doctor, keep the person awake by talking to or shaking her/him now and then

Symptoms of overdose include:
- extreme drowsiness
- slow, shallow breathing
- coma

If these occur, seek emergency medical help immediately.

An overdose may also result in a brain disorder known as toxic leukoencephalopathy.

If you think someone has taken <<Product Name>> by accident seek emergency medical help immediately.

If you stop taking <<Product Name>>

You should discontinue <<Product Name>> when you no longer have any breakthrough pain. You must however continue to take your usual opioid pain relieving medicine to treat your persistent cancer pain as advised by your doctor. You may experience withdrawal symptoms similar to the possible side effects of <<Product Name>> when discontinuing <<Product Name>> . If you experience withdrawal symptoms or if you are concerned about your pain relief you should contact your doctor. Your doctor will evaluate if

you need medicine to reduce or eliminate the withdrawal symptoms.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you start to feel unusually or extremely sleepy or your breathing becomes slow or shallow, you or your carer should immediately contact your doctor or local hospital for emergency help (see also section 3 "If you take more <<Product Name>> than you should").

Very common side effects (may affect more than 1 in 10 people) include:
- nausea

Common side effects (may affect up to 1 in 10 people) include:
- dizziness, headache, excessive sleepiness
- breathlessness/shortness of breath
- inflammation inside the mouth, vomiting, constipation, dry mouth
- sweating, weary/tired/lack of energy

Uncommon side effects (may affect up to 1 in100 people) include:
- allergic reaction, trembling/shaking, disturbed or blurred vision, fast or slow heart beat,
- low blood pressure, memory loss
- depression, suspicious thoughts/ feeling afraid for no reason, feeling confused, feeling disorientated, feeling anxious/unhappy/restless, feeling unusually happy/healthy, mood swings
- feeling full all the time, stomach ache, indigestion
- mouth ulcers, problems with tongue, pain in mouth or throat, tightness in throat, lip or gum ulcers
- loss of appetite, loss of or change in sense of smell/taste
- difficulty sleeping or disturbed sleep, disturbance in attention/easily distracted, lack of energy/weakness/loss of strength
- abnormality in skin, rash, itchiness, night sweats, decreased sensitivity to touch, bruising easily
- joint pain or stiffness, stiffness in muscles
- drug withdrawal symptoms (*may manifest by the occurrence of the following side effects: nausea, vomiting, diarrhoea, anxiety, chills, tremor, and sweating*), accidental overdose, in males an inability to get and/or keep an erection, feeling generally unwell

Side effects of frequency not known: (frequency cannot be estimated from the available data)
- swollen tongue, severe breathing problems, fall, flushing, feeling very warm, diarrhoea, convulsion (fits), swelling of arms or legs, seeing or hearing things that are not really there (hallucinations), fever
- drug tolerance, drug dependence (addiction), drug abuse (see section 2)
- reduced level or loss of consciousness
- itchy rash
- delirium (symptoms may include a combination of agitation, restlessness, disorientation, confusion, fear, seeing or hearing things that are not really there, sleep disturbance, nightmares).

Prolonged treatment with fentanyl during pregnancy may cause withdrawal symptoms in the newborn which can be life-threatening (see section 2).

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via the national reporting system listed in Appendix V. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store <<Product Name>>

The pain-relieving medicine in <<Product Name>> is very strong and could be life-threatening if taken accidentally by a child. <<Product Name>> must be kept out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the blister after EXP. The expiry date refers to the last day of that month.

Store in the original blister in order to protect from moisture.

This medicinal product does not require any special temperature storage conditions.

Store this medicine in a safe and secure place, where other people cannot access it. It can cause serious harm and be fatal to people who may take this medicine by accident, or intentionally when it has not been prescribed for them.

It is recommended to keep <<Product Name>> in a locked storage space.

Any unused product should be taken, if possible, to your pharmacist to be disposed of safely. Do not throw away any medicines via wastewater or household waste. These measures will help protect the environment.

6. Contents of the pack and other information What <<Product Name>> contains

The active substance is fentanyl. One sublingual tablet contains:

157 micrograms of fentanyl citrate equivalent to 100 micrograms of fentanyl 314 micrograms of fentanyl citrate equivalent to 200 micrograms of fentanyl 471 micrograms of fentanyl citrate equivalent to 300 micrograms of fentanyl 628 micrograms of fentanyl citrate equivalent to 400 micrograms of fentanyl 943 micrograms of fentanyl citrate equivalent to 600 micrograms of fentanyl 1257 micrograms of fentanyl citrate equivalent to 800 micrograms of fentanyl

The other ingredients are mannitol (E421), microcrystalline cellulose (E460), colloidal anhydrous silica (E551), croscarmellose sodium (E468) and magnesium stearate (E470b).

What <<Product Name>> looks like and contents of the pack
<<Product Name>> is a small white sublingual tablet to be inserted under the tongue. It comes in a range of different strengths and shapes. Your doctor will prescribe the strength (shape) and number of tablets suitable for you.

The 100 microgram tablet is a 6 mm white round tablet The 200 microgram tablet is a 7 x 5 mm white oval-shaped tablet The 300 microgram tablet is a 6 x 6 mm white triangle-shaped tablet The 400 microgram tablet is a 9 x 7 mm white diamond-shaped tablet The 600 microgram tablet is a 9 x 6 mm white “D”-shaped tablet The 800 microgram tablet is a 10 x 6 mm white capsule-shaped tablet

<<Product Name>> 100 is available in cartons of 5 x 1,10 x 1 and 30 x 1 tablets.
<<Product Name>> 200 is available in cartons of 5 x 1,10 x 1 and 30 x 1 tablets
<<Product Name>> 300 is available in cartons of 10 x 1 and 30 x 1 tablets
<<Product Name>> 400 is available in cartons of 5 x 1,10 x 1 and 30 x 1 tablets
<<Product Name>> 600 is available in cartons of 5 x 1,10 x 1 and 30 x 1 tablets
<<Product Name>> 800 is available in cartons of 5 x 1,10 x 1 and 30 x 1 tablets

Not all pack sizes may be marketed.

Houder van de vergunning voor het in de handel brengen en fabrikant:
G.L. Pharma GmbH
Schlossplatz 1

8502 Lannach
Oostenrijk

Fabrikant:
PRASFARMA S.L.
C. Sant Joan, 11-15
08560 Manlleu (Barcelona)
Spanje

KERN PHARMA, S.L.
Polígono Ind. Colón II
Venus, 72
08228 Terrassa - (Barcelona)
Spanje

In het register ingeschreven onder:

Submena 100 microgram, tabletten voor sublinguaal gebruik	RVG 127153
Submena 200 microgram, tabletten voor sublinguaal gebruik	RVG 127154
Submena 300 microgram, tabletten voor sublinguaal gebruik	RVG 127155
Submena 400 microgram, tabletten voor sublinguaal gebruik	RVG 127156
Submena 600 microgram, tabletten voor sublinguaal gebruik	RVG 127157
Submena 800 microgram, tabletten voor sublinguaal gebruik	RVG 127158

Dit medicijn is geregistreerd in lidstaten van de Europese Economische Ruimte onder de volgende namen:

AT: Submena 100/200/400/600/800 µg-Sublingualtabletten
BG: Sublifen 100/200/400 µg sublingual tablets
CZ: Menasu 100/200/400/800 µg sublingvální tablety
DK: Sublifen 100/200/400 µg resoribletter
IT: Sublifen 100/200/300/400 µg compresse sublinguali
NL: Submena 100/200/300/400/600/800 microgram, tabletten voor sublinguaal gebruik
PL: Submena
SE: Submena 100/200/300/400/600/800 µg resoriblett, sublingual
SK: Submena 100/200/400 µg sublingválne tablety

Deze bijsluiter is voor het laatst goedgekeurd in juni 2025