

Layton Aging & Alzheimer's Disease Center

Medication Fact Sheet

Oregon Health & Science University
3181 SW Sam Jackson Park Road, CR-131
Portland, OR 97239-3098
503.494.6976

MEMANTINE hydrochloride Tablets

Trade name (Namenda)

_____ has prescribed the following for you:

How Memantine Works

This drug is classified as a NMDA receptor blocker approved for the treatment of Alzheimer's disease. Memantine (Namenda) is believed to work by protecting the brain from exposure to damaging chemicals that result from diseased nerve function in the brain.

While memantine (Namenda) may improve symptoms in persons with mild to moderate Alzheimer's disease, it does not cure or stop the progressive decline seen in the course of the disease.

Dose and Treatment Information

Your health care provider will start slowly increasing dosages set up in a "titration pack":

- On week one, you will take 5 mg once daily.
- On week 2, you will take 10 mg a day -- 5 mg in the morning and 5mg in the evening.
- On week 3, you will take 15 mg a day -- 10 mg in the morning and 5 mg in the evening.
- On week 4, you will take 20 mg a day -- 10 mg in the morning and 10 mg in the evening.
- After completing the titration pack, you will be on the final dose of 10 mg twice daily. Increasing the dose slowly reduces the chance of side effects.

You can take this medication with or without food. If a dose is missed, it can be taken as soon as possible, unless it is close to the time to take the next dose. Do not take a double dose in one day.

Your health care provider should regularly monitor your memantine (Namenda) treatment.

WARNINGS

- Check with your health provider before taking memantine (Namenda) if you have kidney problems or epilepsy.
- If you are pregnant or breastfeeding, talk to your health care provider before taking this medication.
- This medication may cause dizziness or drowsiness. Be careful when driving or operating machinery.
- You should not take this medication if you are allergic to amantidine.

Possible Side Effects	What you can do about them
<ul style="list-style-type: none">• Allergic reactions (rash, breathing difficulty)• Seizures	<ul style="list-style-type: none">• Stop the medication.• Call health care provider immediately or obtain emergency assistance.
<ul style="list-style-type: none">• Restlessness, headache, drowsiness, dizziness, or nausea	<ul style="list-style-type: none">• Call your health care provider.• These effects are often mild and are often temporary, lasting 1-3 weeks, then resolve with continued use.
Any other side effect you think may be caused by this medication	<ul style="list-style-type: none">• Call your health care provider

If you have questions or problems, please call (503) 494-7615 between 8:30AM and 4:30PM, Monday through Friday.

For information on Alzheimer's disease, contact:

- The Layton Center for Aging & Alzheimer's Disease Research
(503) 494-6976

- Alzheimer's Association-Oregon and Greater Idaho Chapter
1-800-733-0402

- Alzheimer's Disease Education and Referral Center
1-800-438-4380 or web address <http://www.alzheimers.org>