

Layton Aging & Alzheimer's Disease Center Medication Fact Sheet

Memantine (Namenda®)

HOW MEMANTINE WORKS:

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 people with Alzheimer's disease, does not cure or stop the progressive decline seen in the disease.

DOSE AND TREATMENT INFORMATION:

Your healthcare provider will start slowly increasing dosages.

- Week one, you will take 5 milligrams (mg) once daily.
- Week 2, you will take 10 milligrams (mg) a day -- 5 mg in the morning and 5mg in the evening.
- Week 3, you will take 15 milligrams (mg) a day -- 10 mg in the morning and 5 mg in the evening.
- Week 4, you will take 20 milligrams (mg) a day -- 10 mg in the morning and 10 mg in the evening.

Once you are taking 10 milligrams twice daily, you will keep taking this dose unless your provider changes it. Increasing the dose slowly reduces the chance of side effects.

You can take this medication with or without food. If you miss a dose , you can take it 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.

WARNINGS:

Check with your healthcare provider before taking memantine (Namenda) if you have kidney problems or epilepsy.

POSSIBLE SIDE EFFECTS & WHAT YOU CAN DO ABOUT THEM:

Allergic reactions (rash breathing difficulty):

Stop the medication. Call your healthcare provider or call 911.

Restlessness, headache, drowsiness or nausea:

Call your healthcare provider. These effects are often mild and temporary, lasting one to three weeks and getting better later.

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