

Clemastine

Patient Information

Updated: 10.2019

<p>USED FOR</p>	<ul style="list-style-type: none"> Relapsing and progressive forms of multiple sclerosis (MS). It is hoped that this medicine helps to repair some of the injury to myelin and nerve fibers seen in MS.
<p>HOW IT WORKS</p>	<ul style="list-style-type: none"> Clemastine is typically used as an allergy medicine to help relieve symptoms such as sneezing, watery eyes, runny nose, and itching. For MS, clemastine has been shown to help damaged nerve cells re-grow myelin, which helps nerve cells work faster and better.
<p>HOW IT IS SUPPLIED</p> 	<ul style="list-style-type: none"> Clemastine 1.34 mg tablet or 2.68 mg tablet. May be purchased without a prescription, over-the-counter (OTC) at most drug stores. May be compounded at certain compounding pharmacies at an additional cost.   
<p>HOW IT IS GIVEN</p>	<ul style="list-style-type: none"> Clemastine tablets may be taken with or without food. It may be taken safely with other disease-modifying therapies for MS.
<p>DOSE</p>	<ul style="list-style-type: none"> 2 tablets (5.36 mg) taken by mouth twice daily
<p>STORAGE</p>	<ul style="list-style-type: none"> Clemastine may be kept at room temperature, away from direct sunlight, extreme heat, or cold.

COMMON SIDE EFFECTS	<ul style="list-style-type: none"> • Drowsiness, Fatigue • Dry mouth • Urinary retention, constipation • Dizziness • Headache • Some people with MS who are older may be more sensitive to these side effects than others. • If you experience drowsiness, do not engage in activities that require you to be alert such as driving.
DRUG INTERACTIONS	<ul style="list-style-type: none"> • Before starting or stopping ANY medication or supplements, please notify your pharmacist to check for interactions. • Clemastine may enhance the drowsy effects of many drugs. Some examples are alcohol, strong pain medications (hydrocodone, oxycodone), cannabis (marijuana), some antidepressants, bladder medications, and other allergy medicines such as diphenhydramine (Benadryl). • Avoid taking with certain inhaled medications: azelastine (nasal spray), tiotropium (oral inhaler). • Avoid taking with certain supplements such as potassium (risk of stomach ulcers).
MORE INFORMATION	<ul style="list-style-type: none"> • Website: www.nationalmssociety.org • Clinical Trials: <ul style="list-style-type: none"> • Green AJ, Gelfand JM, Cree BA, et al. Clemastine fumarate as a remyelinating therapy for multiple sclerosis (ReBUILD): a randomised, controlled, double-blind, crossover trial. Lancet 2017; 390: 2481-8.