

## Parent/Carer's Information Leaflet

# Zonisamide

### For further advice:

Children's Epilepsy Nurse Specialists:

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Mansfield	Kirsten Johnson	☎ 01623 622515 ext 6178
Nottingham	Catie Picton & Ann Brown	☎ 0115 9249924 ext 63328
Leicester		☎ 0116 2586908

**CEWT** website

[www.cewt.org.uk](http://www.cewt.org.uk)

Epilepsy Action Website:

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

## Zonisamide

Zonisamide is a drug sometimes used for children with epilepsy; it can be useful for the treatment of focal or generalized seizures. It can be given in addition to other anti-epileptic drugs.

Zonisamide comes as

- 25mg (white) capsules
- 50mg (white/grey) capsules
- 100mg (white/red) capsules

### How do I use it?

- Zonisamide is usually started once a day and can then be increased to twice a day.
- It can be taken with or without food.
- If a dose is forgotten and you remember up to four hours after missing the dose, give the forgotten dose when you can.
- If you remember only at or near the time the next dose is due, just give your child the usual dose. Do not give any extra Zonisamide.
- If your child vomits within 15 minutes of taking a dose, give the dose again; if your child vomits after 15 minutes after taking the dose, then do not give it again.

Zonisamide is started at a low dose and increased, the precise dose will depend on your child's weight. There is no need to routinely measure the level of this medicine in the blood. Follow the dose plan worked out by your doctor

If your child has been taking the medicine regularly, **do not stop it suddenly** as this could bring about frequent and repeated seizures or fits.

Keep a seizure diary if you can and remember to always bring all the medicines with you to clinic appointments.

### Use with other medicines

Most over the counter medicines, antibiotics and anticonvulsants can be used with Zonisamide. Always check with your doctor or pharmacist

### Side effects

Although there are a large number of possible side effects, they are uncommon and most are minor.

1. Nausea & vomiting
2. Tremor, convulsions, unsteadiness & dizziness can occur with high doses
3. Rarely mental disturbances have been reported within the first 4-6 weeks and may be dose related.
4. Concentration difficulties and speech problems
5. Tiredness can occur and may be dose related
6. Cough
7. Loss of appetite and weight loss at a high dose
8. Itching and skin rash, if a skin rash appears seek medical advice as the drug may need to be stopped
9. Kidney stones
10. Ringing in the ears

For more information please refer to the manufacturers instructions.

If you are worried about any side effects your child may be experiencing please contact your doctor or nurse.