

Supportive care

Targinact® (Oxycodone/naloxone) tablets

Targinact® is used to treat pain that is difficult to control. The possible benefits of treatment vary; your doctor, nurse, or pharmacist will be happy to answer any questions you have about your treatment.

We may be recommending this medicine to be used for a condition for which it was not originally designed; so you may find that there are some differences between the hospital and the manufacturer's information. The information in this leaflet will inform you of the reason(s) why you are taking this medicine and to highlight any other information. This should be read in conjunction with the manufacturer's patient information leaflet.

What is Targinact®?

Targinact® is a painkiller containing a combination of medicines: oxycodone and naloxone. Oxycodone is a painkiller that belongs to a group of medicines called opioids. Naloxone works to block unwanted constipating effects of oxycodone without compromising its painkiller effect.

It is generally prescribed for people who have benefited from using opioid painkillers, but have struggled with constipation despite using regular laxatives.

What dose of Targinact® is usually prescribed?

The dose of Targinact® prescribed will depend on the doses of painkillers you have taken previously. It is available as a long-acting tablet that should be taken every 12 hours.

It is available in the following four dose strengths:

Oxycodone/naloxone combined Targinact® 5mg/2.5mg, 10mg/5mg, 20mg/10mg, 40mg/20mg.

The maximum dose prescribed is oxycodone/naloxone combined Targinact® 40mg/20mg twice a day. Using a higher dose lessens the effect of naloxone and constipation may become problematic. Please contact your medical team if your symptoms are not controlled.

Depending on your response to the medication, it may still be necessary to use other painkillers and laxatives on occasion. It is also important not to escalate or stop taking this drug without authorisation by your pain specialist.

How do I take Targinact®?

When you are at home, take your morning dose when you wake up and the evening dose about 12 hours later. Targinact should be taken with a full glass of water, with or without food. **DO NOT crush, chew, break or dissolve the extended release tablet. It must be swallowed whole as breaking the tablet will result in too much of the drug being released at once and rapid absorption of a dose that may be potentially fatal.**



If the pain comes back between your regular doses, you can take a dose of quick-acting oxycodone. Wait 30-60 minutes after taking the extra dose. If you still have severe pain, take a second dose of the quick acting oxycodone. If you need more than 2-3 extra doses of quick acting oxycodone in a day, tell your doctor or nurse as all of your pain medication may need adjusting.

Who should not take Targinact®?

Let your doctor know before taking Targinact® if you are allergic to opioids, naloxone, or any of the ingredients in the tablet.

What are the possible risks or side-effects?

Tiredness or sleepiness may occur, however this often settles shortly after starting Targinact®. Other side-effects may include sickness, constipation, diarrhoea, abdominal pain, dry mouth and confusion. For further information on side effects, please see the manufacturer's leaflet that comes with the medicine.

DO NOT suddenly stop taking Targinact® or you may experience a range of unpleasant side effects.

Can I take Targinact® with my other medications?

All of your medications will be reviewed when you start Targinact®. It rarely causes problems with other medications. If you are buying any medicines over-the-counter from a pharmacy, always mention that you have been prescribed Targinact®. It is safe to take paracetamol with this medicine. Advice should be sought when purchasing herbal or homeopathic remedies.

What is the length of treatment?

The length of treatment will depend on your symptoms. You will be regularly reviewed to assess whether your Targinact® dose needs to be altered. It will be agreed between supportive care team and your GP or other local service who will issue further prescriptions. You can continue to take Targinact® for as long as it helps your pain.

Is Targinact® addictive?

If used appropriately, it is rare for someone who is taking Targinact® for pain relief to become addicted. However, your body may become dependent on Targinact® whilst taking it and stopping abruptly may cause withdrawal symptoms such as feeling restless or irritable. If you have been taking it for some time and want to stop it, your doctor will recommend that you reduce your dose slowly in order to avoid the risk of these effects.

What should I do if I forget to take the medicine?

If you miss a dose, try to take it as soon as you remember. However if it is almost time for your next usual dose, wait until then to take your medicine and skip the missed dose. Never double up the dose to make up for a missed dose.

If you are sick more than one hour after taking your medicine, wait until your next dose is due before taking it.

You may take a short acting 'as needed' dose of pain medication for any pain you have until it is time to take your next regular long acting dose.

If you miss more than one dose through being unwell, contact your doctor.

Can I drink alcohol if I am taking Targinact®?

You should avoid drinking alcohol if you are taking Targinact®. This is because alcohol may increase some of the side effects of Targinact®. Remember that alcohol will also affect your ability to drive or operate machinery.

Can I drive if I am taking Targinact®?

You should inform the DVLA if you are taking Targinact® or any other opioid for persistent pain. Driving should be avoided when commencing therapy, or during periods of dose adjustment, when you are at a greater risk of feeling drowsy, dizzy, having blurred vision or a slow reaction time. If these symptoms are being experienced then do not use tools or machinery. (Please see the patient information leaflet: Driving when you are taking strong painkillers).

Who will initiate Targinact® and issue further prescriptions?

Usually the supportive care team will initiate Targinact®, but it can be started and also prescribed by your GP. If started by the supportive care team we will confirm with your GP if they are able to continue prescribing Targinact®.

If your GP is willing to prescribe Targinact, **please don't leave it too late to request a prescription.** You should request a prescription at least 72 hours in advance to give your GP and community pharmacist time to make arrangements.

If you are attending The Christie supportive care or pain clinic for follow up, Targinact® may be dispensed by The Christie Pharmacy. You should be given sufficient supply to last you until your next review.

If you run out of Targinact® and are unable to get a further supply, you must contact the supportive care or pain team for advice.

How should Targinact® be stored?

Targinact® should be kept out of reach of children. The expiry date is printed on the container. Do not use the medicine after this date. Any unused medication should be returned to your local pharmacy to be discarded.

Who should I phone if I need advice urgently about Targinact®

Monday to Friday, 9:00am - 5:00pm contact the supportive care team on **0161 446 3559**, or **0161 446 8493**.

During the evening or at weekends and bank holidays, if you have any queries, contact The Christie Hotline on **0161 446 3658**.

Useful contacts:

- Secretary: supportive care team **0161 446 3559**
- Secretary: pain team **0161 446 8493**
- Supportive care pharmacist **0161 446 3443**
- The Christie Pharmacy **0161 446 3432 / 3433**

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week