Te Whatu Ora
Health New Zealand
Waitaha Canterbury

THEOPHYLLINE

thee-off-ih-leen

What does it do?

Theophylline opens narrowed airways in the lungs and helps to make breathing easier.

Before you start

- Tell your doctor if you have heart, liver or thyroid problems, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *theophylline* regularly as directed, with food and a glass of water.
The tablets may be halved, but do not crush or chew them.
Measure the liquid carefully with an oral syringe or measuring spoon.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Fast or irregular heartbeat	Tell your doctor
Nervousness, tremor, trouble sleeping Headache Nausea, vomiting	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Smoking (e.g. cigarettes or marijuana), large amounts of barbequed foods or caffeine-containing foods and drinks (e.g. coffee, tea, chocolate, cocoa, cola, Red Bull® or V®) may change the effect of *theophylline*.