

Patient Information: Itraconazole

What is Itraconazole?

Itraconazole is an anti-fungal used to treat Aspergillosis infections. It belongs to a group of drugs called triazoles that kill the Aspergillus fungus by preventing it from growing.

Itraconazole is available in capsule form or available in an oral liquid. Each capsule is 100mg. The liquid comes in a 150ml bottle with a concentration of 10mg/ml and it is sugar free.

How should I take my Itraconazole?

Always take this medicine as directed by your Hospital Doctor or Aspergillosis Specialist Nurse/Pharmacist.

If you are pregnant, planning a family or if you are breastfeeding speak to your Doctor before using this medicine.

Itraconazole capsules should be taken whole, with food and an acidic drink, like coca-cola or orange juice.

Itraconazole liquid should be taken on an empty stomach and hour before or 2 hours after food

Itraconazole preparation	Empty Stomach?	With or after food or acidic drink?
Capsules	No	Yes
Liquid	Yes	No

Please note: If you are taking medication for stomach ulcers, indigestion or heartburn these should be taken 2 hours **after** Itraconazole **capsules**.

How much should I take?

The usual dose for aspergillosis is 200mg twice a day, preferably 12 hours apart.

Is any monitoring required?

To check the level of Itraconazole in your body your Hospital Doctor will perform a blood test when you come to clinic or via our postal pack service if you are being seen virtually, the dose may be altered by your Hospital Doctor or Aspergillosis Nurse/Pharmacist depending on this result. If you change the brand of itraconazole we may want to check your blood level to ensure it is not affected. It is essential that you undertake this monitoring as instructed to ensure that you are on a safe and effective dose, if we are unable to monitor your antifungal therapy appropriately your treatment would need to be stopped.

Your liver and renal function will be monitored either in clinic or at your GP surgery whilst you are on antifungal therapy.

Should I expect any side effects?

The most common side effects of Itraconazole are altered bowel habit (constipation, diarrhoea or flatulence), nausea, and swelling of your legs or abdomen.

Itraconazole has been associated with reports of congestive heart failure, which can cause breathlessness and ankle swelling. Some patients experience peripheral neuropathy (tingling/numbness in hands and feet). If you experience any of these symptoms it is very important to seek prompt medical attention. Itraconazole can also cause an increase in blood pressure. For a complete list of side effects please read the leaflet in your medication box.

Another possible side effect of Itraconazole is that it can upset your liver, so it is important for you to be aware of how to recognise this. Symptoms may include; anorexia, nausea, vomiting, fatigue, abdominal pain, jaundice (yellowing of the skin) and dark urine. If you experience any of these symptoms it is very important to seek prompt medical attention.

What should I do if I have side effects?

Do not hesitate to contact your Hospital Doctor or Aspergillosis Specialist Nurse/Pharmacist if you experience any side effects especially those not listed in the patient information leaflet.

Can I take it with my other medicines?

Itraconazole can interact with many medicines. For more details on the medicines you cannot take with it; please refer to the patient information leaflet, speak to your Hospital Doctor, Pharmacist or Aspergillosis Specialist Nurse. You should inform your Hospital Doctor, Pharmacist or Specialist Nurse about any new medicines so they can check for interactions with Itraconazole.

Itraconazole can increase the exposure to some inhaled steroids, your Doctor may adjust the dose of your inhaled steroid when you start itraconazole. If you are taking steroids and itraconazole there is a risk of developing adrenal insufficiency where your body stops making enough steroid, this will be monitored in clinic with a blood test.

What if I forget to take it?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. **DO NOT** take a double dose to make up for a forgotten dose

What if I take too much?

Immediately consult your Doctor or Pharmacist if you take more Itraconazole than you should

How should I store it?

Itraconazole should be stored in the original container at room temperature, keep out of the reach and sight of children

If you experience any unusual side-effects, are worried or have any questions, please feel free to contact the **Aspergillosis Nurses 0161 291 5429**.

More information can be found in the medicine box insert or on-line at www.aspergillosis.org