

# Contine<sup>®</sup>

Theophylline USP

**Composition:**

**Contine<sup>®</sup>-200 Tablet:** Each controlled release tablet contains Theophylline USP 200 mg.

**Contine<sup>®</sup> Tablet :** Each controlled release tablet contains Theophylline USP 400 mg.

**Pharmacology:**

**Contine<sup>®</sup>** (Theophylline) is a bronchodilator, structurally classified as a xanthine derivative. It has two distinct actions in the airways of patients with reversible obstruction; smooth muscle relaxation and suppression of the response of the airways to stimuli. It also causes pulmonary vasodilation, stimulates mucociliary clearance and inhibits mast cell mediator release. Theophylline increases the force of contraction of diaphragmatic muscles.

**Indications:**

**Contine<sup>®</sup>** is indicated for the prevention & treatment of symptoms of asthma and reversible bronchospasm associated with chronic bronchitis and emphysema.

**Dosage and administration:**

Dosages are adjusted to maintain serum theophylline concentrations that provide optimal relief of symptoms with minimal side effects. Most of the controlled release preparations may be administered every 12 hours in adults while administration every 8 hours may be necessary in some children with markedly rapid hepatic metabolism of theophylline. The recommended dosages for achieving serum theophylline concentrations within the accepted therapeutic range is as follow:

Age	Dose (mg/Kg/day)
1-6 months	10
6 months-1 year	15
1-9 years	24
10-16 years	18
Adults	10-15

**Side Effects:**

The following side effects have been observed:

*Gastro-intestinal:* Nausea, vomiting, epigastric pain and diarrhoea.

*Central nervous system:* Headache, irritability, restlessness, insomnia, muscles twitching.

*Cardiovascular:* Palpitation, tachycardia, hypotension, circulatory failure.

*Respiratory:* Tachypnoea.

*Renal:* Potentiation of diuresis.

*Others:* Alopecia, hyperglycemia, rash etc.

**Contraindications:**

Theophylline is contraindicated in individuals who have shown hypersensitivity to its components.

**Precautions:**

Theophylline should not be administered concurrently with other xanthine. Use with caution in patients with hypoxemia, hypertension, or those with history of peptic ulcer. Do not attempt to maintain any dose that is not tolerated.

**Use in Pregnancy:**

It is also not known whether theophylline can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. Xanthine should be given to a pregnant woman only if clearly needed.

**Use in Nursing Mothers:**

Theophylline is excreted into breast milk and may cause irritability or other signs of toxicity in nursing infants. Theophylline should be given to nursing mother only if clearly needed.

**Drug Interactions:**

Allopurinol, cimetidine, ciprofloxacin, erythromycin, lithium carbonate, oral contraceptive, propranolol increases serum theophylline level when administered concomitantly and rifampicin decreases serum theophylline level.

**Storage:**

- Store below 30°C, keep in dry place & protect from light.
- Keep out of the reach of children.

**Packing:**

**Contine<sup>®</sup>-200 Tablet :** Each box contains 100's tablets in blister pack.

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