

PRODUCT MONOGRAPH

^NHYDROMORPH CONTIN[®]

**Hydromorphone Hydrochloride Controlled Release Capsules
3, 4.5, 6, 9, 12, 18, 24 and 30 mg**

**Purdue Pharma Std.
Opioid Analgesic
ATC: N02AA03**

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[®] Purdue Pharma, owner of the Trademark Hydromorph Contin

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NAME OF DRUG

^NHYDROMORPH CONTIN[®]

Hydromorphone Hydrochloride Controlled Release Capsules
3, 4.5, 6, 9, 12, 18, 24 and 30 mg

THERAPEUTIC CLASSIFICATION

Opioid Analgesic

ACTIONS

Hydromorphone, a semi-synthetic μ opioid agonist, is a hydrogenated ketone of morphine and shares the pharmacologic properties typical of opioid analgesics. Hydromorphone and related opioids produce their major effects on the central nervous system and gastrointestinal tract. These include analgesia, drowsiness, mental clouding, changes in mood, euphoria or dysphoria, respiratory depression, cough suppression, decreased gastrointestinal motility, nausea, vomiting, increased cerebrospinal fluid pressure, increased biliary pressure, pinpoint constriction of the pupils, increased parasympathetic activity and transient hyperglycemia.

Estimates of the relative analgesic potency of parenterally administered hydromorphone to morphine in acute pain studies in man range from approximately 7:1 to 11:1.

The relationship between plasma concentration of hydromorphone and analgesic effect has not been well established. In patients with chronic pain, hydromorphone should be titrated to the dose required to adequately relieve pain without unmanageable side effects.

There is no intrinsic limit to the analgesic effect of hydromorphone; like morphine, adequate doses will relieve even the most severe pain. Clinically however, dosage limitations are imposed by the adverse effects, primarily respiratory depression, nausea and vomiting, which can result from high doses.

Pharmacokinetics:

After oral administration of conventional release hydromorphone tablets, the drug is rapidly absorbed and, like morphine, undergoes presystemic elimination (approximately 50%), presumably as a result of metabolism in the liver. The terminal elimination half-life after intravenous administration in humans is approximately 2.5 - 3.0 hours. The pharmacokinetics of hydromorphone have been shown to be linear over a range of intravenous doses from 10 - 40 µg/kg. The principal mode of elimination is by excretion in the urine as hydromorphone-3-glucuronide, which, at steady-state is present in plasma at concentrations approximately 26 times those of the parent drug. The pharmacologic activity of this and other hydromorphone metabolites in humans is not known.

HYDROMORPH CONTIN[®] (hydromorphone hydrochloride controlled release capsules) administered 12 hourly provides equivalent analgesia to conventional release hydromorphone tablets (Dilaudid[®]) administered every 4 hours in patients with cancer pain. Steady state pharmacokinetic studies demonstrate that maximum plasma concentration (C_{max}) of hydromorphone is achieved at a mean of 4.8 hours after administration of **HYDROMORPH CONTIN**, with maximum and minimum concentrations equivalent to those obtained with 4 hourly administration of the conventional release tablets. The extent of

absorption of hydromorphone from **HYDROMORPH CONTIN** is equivalent to that from conventional tablets (Dilaudid) and is not significantly influenced when administered in the presence of food. In patients with chronic cancer pain receiving doses of **HYDROMORPH CONTIN** ranging from 6 mg to 216 mg/day there was a linear relationship between area under the plasma concentration-time curve (AUC) and dose.

Dilaudid[®] is a product of Purdue Pharma.

The rate and extent of absorption of hydromorphone from **HYDROMORPH CONTIN** was studied when sprinkled on one tablespoon (15 mL) of soft foods under the following conditions: warm ($40 \pm 2^\circ\text{C}$) applesauce (pH 3.56), cold ($4 \pm 1^\circ\text{C}$) applesauce (pH 3.62), room temperature ($23 \pm 2^\circ\text{C}$) custard (pH 6.95). All three studies concluded that bioequivalence was demonstrated when hydromorphone was administered as an intact capsule vs. administration of capsule contents sprinkled on these foods in healthy subjects under fasting conditions. For the conditions under study, the hydromorphone bioavailability was not affected by the pH of the soft foods or temperatures, with a contact time at 30 minutes.

INDICATIONS

HYDROMORPH CONTIN[®] (hydromorphone hydrochloride controlled release capsules) is indicated for the relief of severe chronic pain requiring the prolonged use of an oral opioid preparation.

CONTRAINDICATIONS

HYDROMORPH CONTIN[®] (hydromorphone hydrochloride controlled release capsules) is contraindicated in:

- Patients who are hypersensitive to the active substance (hydromorphone) or other opioid analgesics or to any ingredient in the formulation. For a complete listing, see the **PHARMACEUTICAL INFORMATION** section of the Product Monograph.
- In patients with known or suspected mechanical gastrointestinal obstruction (e.g., bowel obstruction or strictures) or any diseases/conditions that affect bowel transit (e.g., ileus of any type).
- Patients with suspected surgical abdomen (e.g., acute appendicitis or pancreatitis).
- Patients with mild, intermittent or short duration pain that can be managed with other pain medications.
- The management of acute pain, including use in outpatient or day surgeries.
- The management of peri-operative pain.
- Patients with acute asthma or other obstructive airway, and status asthmaticus.
- Patients with acute respiratory depression, elevated carbon dioxide levels in the blood and cor pulmonale.
- Patients with acute alcoholism, delirium tremens, and convulsive disorders.
- Patients with severe CNS depression, increased cerebrospinal or intracranial pressure, and head injury.
- Patients taking monoamine oxidase (MAO) inhibitors (or within 14 days of such therapy).
- Women who are breastfeeding, pregnant or during labour and delivery.

WARNINGS

HYDROMORPH CONTIN[®] (hydromorphone hydrochloride controlled release capsules) must be swallowed whole, or opened and the entire contents sprinkled onto a tablespoonful of applesauce or custard (see **DOSAGE AND ADMINISTRATION). The entire contents of the tablespoon of food and hydromorphone mixture should be swallowed as soon as possible after sprinkling and should be discarded if not consumed. The food/drug mixture should not be chewed, and the ingestion should be followed by rinsing the mouth with fluids to ensure that the entire contents are swallowed. Taking broken, chewed, dissolved or crushed capsules, or their contents, could lead to the rapid release and absorption of a potentially fatal dose of hydromorphone.**

Despite data demonstrating the bioequivalence of HYDROMORPH CONTIN after sprinkling capsule contents on selected soft foods for up to 30 minutes (see **ACTIONS – Pharmacokinetics), sprinkled doses should be ingested as soon as possible to avoid errors from the loss of product identification features after removal of beads from the capsule shell. After sprinkling, if unsure of the elapsed time or which food sample contains the mixture, discard all implicated food samples.**

HYDROMORPH CONTIN 18 mg capsules and higher are for use in opioid tolerant patients only (see also **DOSAGE AND ADMINISTRATION). These strengths may cause fatal respiratory depression if administered to patients not previously exposed to daily hydromorphone equivalent dosages of 36 mg or more. Care should be taken in the prescribing of these capsule strengths.**

Patients should be instructed not to give HYDROMORPH CONTIN to anyone other than for whom it was prescribed, as such inappropriate use may have severe medical consequences, including death.

Patients should be cautioned not to consume alcohol while taking **HYDROMORPH CONTIN**, as it may increase the chance of experiencing dangerous side effects (see **PRECAUTIONS, Drug Interactions**).

Peri-operative Considerations: **HYDROMORPH CONTIN** is contraindicated for peri-operative pain relief. In the case of planned chordotomy or other pain-relieving operations, patients should not be treated with **HYDROMORPH CONTIN** for at least 48 hours before the operation and **HYDROMORPH CONTIN** should not be used in the immediate post-operative period. Thereafter, if **HYDROMORPH CONTIN** is to be continued after the patient recovers from the post-operative period, a new dosage should be administered in accordance with the changed need for pain relief. The risk of withdrawal in opioid-tolerant patients should be addressed as clinically indicated.

The administration of analgesics in the peri-operative period should be managed by healthcare providers with adequate training and experience (e.g., by an anesthesiologist) (see **CONTRAINDICATIONS**).

Abuse of Opioid Formulations: **HYDROMORPH CONTIN** capsules are intended for oral use only. Abuse can lead to overdose and death. This risk is increased when the capsules or

contents are crushed, broken, dissolved or chewed, and with concurrent consumption of alcohol or other CNS depressants. With parenteral abuse, the capsule excipients can be expected to result in local tissue necrosis, infection, pulmonary granulomas, and increased risk of endocarditis and valvular heart injury.

Drug Dependence: As with other opioids, tolerance and physical dependence tend to develop upon repeated administration of hydromorphone and there is a potential for abuse of the drug and for development of psychological dependence. **HYDROMORPH CONTIN** should therefore be prescribed and handled with the high degree of caution appropriate to the use of a drug with strong abuse potential. Drug abuse is not usually a problem in patients with severe pain in which hydromorphone is appropriately indicated. However, in the absence of a clear indication for a strong opioid analgesic, drug-seeking behaviour must be suspected and resisted, particularly in individuals with a history of, or propensity for drug abuse. Withdrawal symptoms may occur following abrupt discontinuation of therapy or upon administration of an opioid antagonist. Therefore, patients on prolonged therapy should be withdrawn gradually from the drug if it is no longer required for pain control.

Use in Drug and Alcohol Addiction: **HYDROMORPH CONTIN** is an opioid with no approved use in the management of addictive disorders. Its proper usage in individuals with drug or alcohol dependence, either active or in remission is for the management of pain requiring opioid analgesia.

CNS Depression: Hydromorphone should be used with caution and in a reduced dosage during concomitant administration of other opioid analgesics, general anaesthetics, phenothiazines and other tranquilizers, sedative-hypnotics, antidepressants, antipsychotics, antihistamines, benzodiazepines, centrally acting anti-emetics and other CNS depressants, including alcohol. Respiratory depression, hypotension and profound sedation, coma or death may result. When such combination therapy is contemplated, a substantial reduction in the dose of one or both agents should be considered and patients should be carefully monitored (see **PRECAUTIONS, Drug Interactions**).

Use in Pregnancy: Animal studies with both morphine and hydromorphone have indicated the possibility of teratogenic effects on the fetus. Studies have not been completed in humans therefore **HYDROMORPH CONTIN** is contraindicated in pregnant women.

PRECAUTIONS

Respiratory Depression: Hydromorphone should be used with extreme caution in patients with substantially decreased respiratory reserve, pre-existing respiratory depression, hypoxia or hypercapnia. Such patients are often less sensitive to the stimulatory effects of carbon dioxide on the respiratory centre and the respiratory depressant effects of hydromorphone may reduce respiratory drive to the point of apnea.

Head Injury: The respiratory depressant effects of hydromorphone, and the capacity to elevate cerebrospinal fluid pressure, may be greatly increased in the presence of an already elevated intracranial pressure produced by trauma. Also, hydromorphone may produce confusion, miosis,

vomiting and other side effects which obscure the clinical course of patients with head injury. In such patients, hydromorphone must be used with extreme caution and only if it is judged essential.

Hypotension: Hydromorphone administration may result in severe hypotension in patients whose ability to maintain adequate blood pressure is compromised by reduced blood volume, or concurrent administration of such drugs as phenothiazines or certain anaesthetics.

Hyperalgesia: Hyperalgesia that will not respond to a further dose increase of hydromorphone may very rarely occur, particularly at high doses. A hydromorphone dose reduction or change in opioid may be required.

Acute Abdominal Conditions: Hydromorphone (and other morphine-like opioids) have been shown to decrease bowel motility. Hydromorphone may obscure the diagnosis or clinical course of patients with acute abdominal conditions.

Special Risk Groups: Hydromorphone should be administered with caution and in a reduced dosage to elderly or debilitated, to patients with severely impaired pulmonary, hepatic or renal function, and in patients with adrenocortical insufficiency (e.g., Addison's disease), hypothyroidism, pancreatitis, prostatic hypertrophy, toxic psychosis or urethral stricture.

Hydromorphone should not be used where there is the possibility of paralytic ileus occurring.

Use during Labour/Delivery and in Nursing Mothers: In view of the potential for opioids to cross the placental barrier and to be excreted in breast milk, hydromorphone is contraindicated during labour or in nursing mothers. Physical dependence or respiratory depression may occur in the infant if opioids are administered during labour.

Driving and Operating Dangerous Machinery: Hydromorphone may impair the mental and/or physical abilities needed for certain potentially hazardous activities such as driving a car or operating machinery. Patients should be cautioned accordingly.

Patients should also be cautioned about the combined effects of hydromorphone with other CNS depressants, including other opioids, phenothiazines, sedative/hypnotics and alcohol.

Patient Counselling Information:

A patient information sheet should be provided when **HYDROMORPH CONTIN** capsules are dispensed to the patient.

Patients receiving **HYDROMORPH CONTIN** should be given the following instructions by the physician:

1. Patients should be informed that accidental ingestion or use by individuals (including children) other than the patient for whom it was originally prescribed, may lead to severe, even fatal consequences.
2. Patients should be advised that **HYDROMORPH CONTIN** contains hydromorphone, an opioid pain medicine.

3. Patients should be advised that **HYDROMORPH CONTIN** should only be taken as directed. The dose of **HYDROMORPH CONTIN** should not be adjusted without consulting with a physician.
4. **HYDROMORPH CONTIN** should be swallowed whole or opened and the contents sprinkled onto a tablespoonful of warm or cold (4 - 40°C) applesauce or room temperature custard. The entire contents of the tablespoon of food and hydromorphone mixture should be swallowed as soon as possible after sprinkling and should be discarded if not consumed. The food/drug mixture should not be chewed, and the ingestion should be followed rinsing the mouth with fluids to ensure that the entire contents are swallowed. The capsules should not be broken, chewed, dissolved or crushed, due to the risk of fatal hydromorphone overdose.
5. Patients should be advised to report episodes of breakthrough pain and adverse experiences occurring during therapy. Individualization of dosage is essential to make optimal use of this medication.
6. Patients should not combine **HYDROMORPH CONTIN** with alcohol or other central nervous system depressants (sleep aids, tranquilizers) because dangerous additive effects may occur, resulting in serious injury or death.
7. Patients should be advised to consult their physician or pharmacist if other medications are being used or will be used with **HYDROMORPH CONTIN**.
8. Patients should be advised that if they have been receiving treatment with **HYDROMORPH CONTIN** and cessation of therapy is indicated, it may be appropriate to taper **HYDROMORPH CONTIN** dose, rather than abruptly discontinue it, due to the risk of precipitating withdrawal symptoms.

9. Patients should be advised of the most common adverse reactions that may occur while taking **HYDROMORPH CONTIN**: asthenic conditions, confusion, constipation, dizziness, light-headedness, nausea, sedation, sweating and vomiting.
10. Patients should be advised that **HYDROMORPH CONTIN** may cause drowsiness, dizziness or light-headedness and may impair mental and/or physical ability required for the performance of potentially hazardous tasks (e.g., driving, operating machinery). Patients started on **HYDROMORPH CONTIN** or patients whose dose has been adjusted should be advised not to drive a car or operate machinery unless they are tolerant to the effects of **HYDROMORPH CONTIN**.
11. Patients should be advised that **HYDROMORPH CONTIN** is a potential drug of abuse. They should protect it from theft or misuse.
12. Patients should be advised that **HYDROMORPH CONTIN** should never be given to anyone other than the individual for whom it was prescribed.
13. Patients should be advised that **HYDROMORPH CONTIN** doses of 18 mg or more are for use only in individuals tolerant to the effect of opioids.
14. Women of childbearing potential who become or are planning to become pregnant should be advised to consult a physician prior to initiating or continuing therapy with **HYDROMORPH CONTIN**. Women who are breastfeeding or pregnant should not use **HYDROMORPH CONTIN**.

Drug Interactions: CNS depressants, such as other opioids, anaesthetics (e.g., barbiturates), sedatives, antidepressants, hypnotics, tranquilizers, neuroleptics, (centrally acting) antiemetics, chloral hydrate and glutethimide may enhance the depressant effect of hydromorphone.

Monoamine oxidase inhibitors (including procarbazine hydrochloride) should not be taken within two weeks of use. Pyrazolidone antihistamines, beta-blockers and alcohol may also enhance the depressant effect of hydromorphone. When combined therapy is contemplated, the dose of one or both agents should be reduced.

“In Vitro” Dissolution Studies of Interaction with Alcohol: Increasing concentrations of alcohol in the dissolution medium resulted in a decrease in the rate of release of hydromorphone from **HYDROMORPH CONTIN** capsules at lower alcohol concentrations (up to 20%) and more rapid release, only at the highest alcohol concentrations (35 - 40%). The clinical significance of these findings is unknown.

Mixed agonist/antagonist opioid analgesics (i.e., pentazocine, nalbuphine, butorphanol, and buprenorphine) should be administered with caution to a patient who has received or is receiving a course of therapy with a pure opioid agonist analgesic such as hydromorphone. In this situation, mixed agonist/antagonist analgesics may reduce the analgesic effect of hydromorphone and/or may precipitate withdrawal symptoms in these patients.

Hydromorphone may increase the anticoagulant activity of coumarin and other anticoagulants.

ADVERSE REACTIONS

Adverse effects of **HYDROMORPH CONTIN[®]** (hydromorphone hydrochloride controlled release capsules) are similar to those of other opioid analgesics, and represent an extension of pharmacological effects of the drug class. The major hazards of hydromorphone include

respiratory and central nervous system depression. To a lesser degree, circulatory depression, respiratory arrest, shock and cardiac arrest have occurred.

The most frequently observed adverse effects are asthenic conditions, confusion, constipation, dizziness, light-headedness, nausea, sedation, sweating and vomiting.

Sedation: Some degree of sedation is experienced by most patients upon initiation of therapy. This may be at least partly because patients often recuperate from prolonged fatigue after the relief of persistent pain. Most patients develop tolerance to the sedative effects of opioids within three to five days and, if the sedation is not severe, will not require any treatment except reassurance. If excessive sedation persists beyond a few days, the dose of the opioid should be reduced and alternate causes investigated. Some of these are: concurrent CNS depressant medication, hepatic or renal dysfunction, brain metastases, hypercalcemia and respiratory failure. If it is necessary to reduce the dose, it can be carefully increased again after three or four days if it is obvious that the pain is not being well controlled. Dizziness and unsteadiness may be caused by postural hypotension particularly in elderly or debilitated patients and may be alleviated if the patient lies down.

Nausea and Vomiting: Nausea is a common side effect on initiation of therapy with opioid analgesics and is thought to occur by activation of the chemoreceptor trigger zone, stimulation of the vestibular apparatus and through delayed gastric emptying. The prevalence of nausea declines following continued treatment with opioid analgesics. When instituting prolonged therapy with an opioid for chronic pain, the routine prescription of an antiemetic should be

considered. In the cancer patient, investigation of nausea should include such causes as constipation, bowel obstruction, uremia, hypercalcemia, hepatomegaly, tumour invasion of celiac plexus and concurrent use of drugs with emetogenic properties. Persistent nausea which does not respond to dosage reduction may be caused by opioid-induced gastric stasis and may be accompanied by other symptoms including anorexia, early satiety, vomiting and abdominal fullness. These symptoms respond to chronic treatment with gastrointestinal prokinetic agents.

Constipation: Practically all patients become constipated while taking opioids on a persistent basis. In some patients, particularly the elderly or bedridden, fecal impaction may result. It is essential to caution the patients in this regard and to institute an appropriate regimen of bowel management at the start of prolonged opioid analgesic therapy. Stool softeners, stimulant laxatives and other appropriate measures should be used as required.

Less Frequently Observed with Opioid Analgesics:

General and CNS: agitation, alterations of mood (nervousness, apprehension, depression floating feelings, dreams), blurred vision, confusion, convulsions, drug dependence, drug tolerance, drug withdrawal syndrome, diplopia and miosis, dyskinesia, dysphoria, euphoria, headache, hyperalgesia, insomnia, increased intracranial pressure, muscle rigidity, muscle tremor, nystagmus, paresthesia, peripheral edema, hallucinations and disorientation, somnolence, tremor, uncoordinated muscle movements, visual disturbances and weakness

Cardiovascular: bradycardia, chills, faintness, flushing of the face, hypertension, hypotension, palpitation, syncope and tachycardia

Respiratory: bronchospasm, laryngospasm and respiratory depression

Gastrointestinal: anorexia, biliary tract spasm, cramps, diarrhea, dry mouth, hepatic enzymes increased, paralytic ileus and taste alterations

Genitourinary: antidiuretic effects, urinary retention or hesitancy

Dermatologic: diaphoresis, other skin rashes, pruritus and urticaria

Immune: hypersensitivity reactions (including oropharyngeal swelling)

Withdrawal (Abstinence) Syndrome: Physical dependence with or without psychological dependence tends to occur with chronic administration. An abstinence syndrome may be precipitated when opioid administration is discontinued or opioid antagonists administered. The following withdrawal symptoms may be observed after opioids are discontinued: body aches, diarrhea, gooseflesh, loss of appetite, nausea, nervousness or restlessness, runny nose, sneezing, tremors or shivering, stomach cramps, tachycardia, trouble with sleeping, unusual increase in sweating, unexplained fever, weakness and yawning. In patients who are appropriately treated with opioid analgesics and who undergo gradual withdrawal from the drug, these symptoms are usually mild.

SYMPTOMS AND TREATMENT OF OVERDOSAGE

For management of a suspected drug overdose, contact your Regional Poison Control Centre.

Symptoms: Serious overdosage with hydromorphone may be characterized by respiratory depression (a decrease in respiratory rate and/or tidal volume, Cheyne-Stokes respiration, cyanosis), extreme somnolence progressing to stupor or coma, miotic pupils, skeletal muscle flaccidity, cold and clammy skin, and sometimes bradycardia and hypotension. In severe overdosage, apnea, circulatory collapse, cardiac arrest and death may occur.

Treatment: Primary attention should be given to the establishment of adequate respiratory exchange through the provision of a patent airway and controlled or assisted ventilation. The opioid antagonist naloxone hydrochloride is a specific antidote against respiratory depression due to overdosage or as a result of unusual sensitivity to hydromorphone. An appropriate dose of the antagonist should therefore be administered, preferably by the intravenous route. The usual initial i.v. adult dose of naloxone is 0.4 mg or higher. Concomitant efforts at respiratory resuscitation should be carried out. Since the duration of action of hydromorphone, particularly sustained release formulations, may exceed that of the antagonist, the patient should be under continued surveillance and doses of the antagonist should be repeated as needed to maintain adequate respiration.

An antagonist should not be administered in the absence of clinically significant respiratory or cardiovascular depression. Oxygen, intravenous fluids, vasopressors and other supportive measures should be used as indicated.

In individuals physically dependent on opioids, the administration of the usual dose of opioid antagonist will precipitate an acute withdrawal syndrome. The severity of this syndrome will depend on the degree of physical dependence and the dose of antagonist administered. The use of opioid antagonists in such individuals should be avoided if possible. If an opioid antagonist must be used to treat serious respiratory depression in the physically dependent patient, the antagonist should be administered with extreme care by using dosage titration, commencing with 10 to 20% of the usual recommended initial dose.

Evacuation of gastric contents may be useful in removing unabsorbed drug, particularly when a sustained release formulation has been taken.

DOSAGE AND ADMINISTRATION

HYDROMORPH CONTIN[®] (hydromorphone hydrochloride controlled release capsules) must be swallowed whole, or opened and the contents sprinkled onto a tablespoonful of warm or cold (4 - 40°C) applesauce or room temperature custard. The entire contents of the tablespoonful of food and hydromorphone mixture should be swallowed as soon as possible after sprinkling and should be discarded if not consumed. The food/drug mixture should not be chewed, and the ingestion should be followed by rinsing the mouth with fluid to ensure that the entire contents are swallowed. Taking broken, chewed, dissolved or crushed capsules could lead to the rapid release and absorption of a potentially fatal dose of hydromorphone.

Despite data demonstrating the bioequivalence of HYDROMORPH CONTIN after sprinkling capsule contents on selected soft foods for up to 30 minutes (see **ACTIONS – Pharmacokinetics**), sprinkled doses should be ingested as soon as possible to avoid errors from the loss of product identification features after removal of beads from the capsule shell. After sprinkling, if unsure of the elapsed time or which food sample contains the mixture, discard all implicated food samples.

Capsule strengths of 18 mg and higher are for opioid tolerant patients only, requiring hydromorphone equivalent dosages of 36 mg or more per day. These doses may lead to severe medical consequences, including fatal respiratory depression, in patients not previously exposed to similar doses of opioids.

HYDROMORPH CONTIN is not indicated for rectal administration.

Adults: Individual dosing requirements vary considerably based on each patient's age, weight, severity and cause of pain, and medical and analgesic history. The capsules may be swallowed whole or administered by carefully opening the capsules and sprinkling the contents onto a tablespoonful of warm or cold (4-40°C), applesauce or room temperature custard. Applesauce (pH 3.56) is among the most acidic of soft foods and custard (pH 6.95) is among the least acidic. The entire contents of the tablespoon should be swallowed as soon as possible after sprinkling and should be discarded if not consumed. The food/drug mixture must not be chewed and the ingestion should be followed by rinsing the mouth with fluid to ensure that the entire contents are swallowed (see **WARNINGS**).

Patients Not Receiving Opioids at the Time of Initiation of **HYDROMORPH CONTIN**

Treatment: Patients who are opioid naïve or receiving low, intermittent doses of weak opioid analgesics may be initiated on **HYDROMORPH CONTIN** 3 mg every 12 hours.

Patients Currently Receiving Opioids: Patients currently receiving other oral hydromorphone formulations may be transferred to **HYDROMORPH CONTIN** at the same total daily hydromorphone dosage, equally divided into two 12 hourly **HYDROMORPH CONTIN** doses.

For patients who are receiving an alternate opioid, the "oral hydromorphone equivalent" of the analgesic presently being used should be determined. Having determined the total daily dosage of the present analgesic, Table 1 can be used to calculate the approximate daily oral hydromorphone dosage that should provide equivalent analgesia. This total daily oral hydromorphone dose should then be equally divided into two 12 hourly **HYDROMORPH CONTIN** doses.

Dose Titration: Dose titration is the key to success with opioid analgesic therapy. **Proper optimization of doses scaled to the relief of the individual's pain should aim at regular administration of the lowest dose of controlled release hydromorphone (HYDROMORPH CONTIN) which will achieve the overall treatment goal of satisfactory pain relief with acceptable side effects. Dosage adjustments should be based on the patient's clinical response.**

In patients receiving **HYDROMORPH CONTIN** chronically, the dose should be titrated at intervals of 48 hours to that which provides satisfactory pain relief without unmanageable side effects. **HYDROMORPH CONTIN** is designed to allow 12 hourly dosing.

If breakthrough pain repeatedly occurs at the end of the dosing interval it is generally an indication for a dosage increase rather than more frequent administration of controlled release hydromorphone (HYDROMORPH CONTIN).

Adjustment or Reduction of Dosage: Following successful relief of severe pain, periodic attempts to reduce the opioid dose should be made. Smaller doses or complete discontinuation may become feasible due to a change in the patient's condition or mental state. If treatment discontinuation is required, the dose of opioid may be decreased as follows: one-half of the previous daily dose given q12h for the first two days, followed thereafter by a 25% reduction every two days.

Opioid analgesics may only be partially effective in relieving dysesthetic pain, postherpetic neuralgia, stabbing pains, activity-related pain and some forms of headache. That is not to say that patients with advanced cancer suffering from some of these forms of pain should not be given an adequate trial of opioid analgesics, but it may be necessary to refer such patients at an early time to other forms of pain therapy.

TABLE 1
OPIOID ANALGESICS: APPROXIMATE ANALGESIC EQUIVALENCES¹

Drug	Equivalent Dose (mg) ² (compared to morphine 10 mg IM)		Duration of Action (hours)
	Parenteral	Oral	
Strong Opioid Agonists:			
Morphine	10	60 ³	3-4
Oxycodone	15	30 ⁴	2-4
Hydromorphone	1.5	7.5 ⁵	2-4
Anileridine	25	75	2-3
Levorphanol	2	4	4-8
Meperidine ⁶	75	300	1-3
Oxymorphone	1.5	5 (rectal)	3-4
Methadone ⁷	-	-	-
Heroin	5-8	10-15	3-4
Weak Opioid Agonists:			
Codeine	120	200	3-4
Propoxyphene	50	100	2-4
Mixed Agonist-Antagonists⁸:			
Pentazocine ⁶	60	180	3-4
Nalbuphine	10	-	3-6
Butorphanol	2	-	3-4

References:

¹ Expert Advisory Committee on the Management of Severe Chronic Pain in Cancer Patients, Health and Welfare Canada. Cancer pain: A monograph on the management of cancer pain. Ministry of Supplies and Services Canada, 1987. Cat. No. H42-2/5-1984E.

Foley KM. The treatment of cancer pain. N Engl J Med 1985;313(2):84-95.

Aronoff GM, Evans WO. Pharmacological management of chronic pain: A review. In: Aronoff GM, editor. Evaluation and treatment of chronic pain. 2nd ed. Baltimore (MD): Williams and Wilkins; 1992. p. 359-68.

Cherny NI, Portenoy RK. Practical issues in the management of cancer pain. In: Wall PD, Melzack R, editors. Textbook of pain. 3rd ed. New York: Churchill Livingstone; 1994. p. 1437-67.

² **Most of this data was derived from single-dose, acute pain studies and should be considered an approximation for selection of doses when treating chronic pain.**

³ **For acute pain, the oral or rectal dose of morphine is six times the injectable dose. However, for chronic dosing, clinical experience indicates that this ratio is 2 - 3: 1 (i.e., 20-30 mg of oral or rectal morphine is equivalent to 10 mg of parenteral morphine).**

⁴ Based on single entity oral oxycodone in acute pain.

⁵ Clinical experience indicates that during chronic dosing the oral morphine/oral hydromorphone dose ratio is 5 - 7.5:1.

⁶ Not recommended for the management of chronic pain.

⁷ Extremely variable equianalgesic dose. Patients should undergo individualized titration starting at an equivalent to 1/10 of the morphine dose.

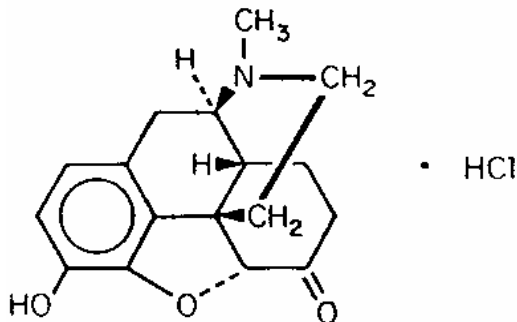
⁸ Mixed agonist-antagonists can precipitate withdrawal in patients on pure opioid agonists.

PHARMACEUTICAL INFORMATION

Drug Substance: Hydromorphone is a semi-synthetic congener of morphine, differing structurally from morphine in the substitution of an oxygen for the 6-hydroxyl group and hydrogenation of the 7-8 double bond of the morphine molecule.

Proper Name: Hydromorphone Hydrochloride

Structure:



Molecular Formula: $C_{17}H_{19}NO_3 \cdot HCl$

Chemical Name: 4, 5 α Epoxy-3-hydroxy-17-methylmorphinan-6-one hydrochloride

Molecular Weight: 321.8

Appearance: Fine, white, or practically white, crystalline powder.

Solubility: Soluble 1:3 in water and 1:100 in alcohol (90%); practically insoluble in chloroform and ether.

Melting Point: Decomposes at 305° to 315°C.

Composition:

Active Ingredient(s): Hydromorphone Hydrochloride

Non-medicinal Ingredients (all strengths): colloidal silicon dioxide, dibutyl sebacate, ethyl cellulose, hydroxypropyl methylcellulose and microcrystalline cellulose

Capsule Shells:

3 mg: D&C Yellow No.10, FD&C Green No.3, gelatin, titanium dioxide

4.5 mg: FD&C Blue No. 1, FD&C Red No. 3, gelatin, titanium dioxide

6 mg: D&C Red No.28, FD&C Blue No.1, FD&C Red No.40, gelatin, titanium dioxide

9 mg: FD&C Blue No. 1, gelatin, titanium dioxide

12 mg: D&C Red No.28, D&C Yellow No.10, FD&C Blue No.1, FD&C Red No.40, gelatin,
titanium dioxide

18 mg: gelatin, titanium dioxide, yellow iron oxide

24 mg: gelatin, iron oxide, titanium dioxide

30 mg: FD&C Red No.3, gelatin, red iron oxide, titanium dioxide, yellow iron oxide

Stability and Storage Recommendations:

Store at room temperature (15° - 25° C).

AVAILABILITY OF DOSAGE FORMS

HYDROMORPH CONTIN[®] (hydromorphone hydrochloride controlled release capsules) is available in strengths of 3 (green), 4.5 (blue-violet), 6 (pink), 9 (light blue), 12 (orange), 18 (yellow), 24 (grey) and 30 (red) mg. Each capsule is imprinted with **HYDROMORPH CONTIN**, the letters PF and the strength.

HYDROMORPH CONTIN is supplied in opaque plastic bottles of 60 capsules.

PHARMACOLOGY

Pharmacodynamics: Hydromorphone and related μ -agonist opioids produce their major effects on the CNS and the bowel. The effects include analgesia, drowsiness, changes in mood, respiratory depression, cough suppression, decreased gastrointestinal motility, nausea, vomiting, and alterations of the endocrine and autonomic nervous systems.

In animal studies the relative potency of single doses of hydromorphone and morphine for a variety of pharmacologic effects were: analgesia 4.1:1; LD₅₀ 6.32:1; convulsant activity 7.92:1; general depression 7.67:1; excitatory effect 3.35:1; emetic activity 2.75:1; respiratory depression 13.63:1. In acute pain studies in man, relative analgesic potency ranged from 6.7:1 to 11.1:1 and in chronic dosing in patients with cancer pain the ratio of morphine to hydromorphone doses producing equivalent analgesia was 7.5:1. Clinical experience suggests that the oral potency ratio of hydromorphone to morphine ranges from 4:1 to 7.5:1.

No clear relationship has been demonstrated between plasma concentration of hydromorphone and analgesic effect although one study in patients with chronic pain suggests that concentrations less than 4 ng/mL are associated with lower degrees of pain relief.

It is generally accepted that in patients with chronic pain, opioid analgesics should be titrated to the dose required to adequately relieve pain without unmanageable side effects. In three Canadian studies of hydromorphone administered by continuous subcutaneous infusion, the mean maximum daily dose was 310 mg and 578 mg in two of the studies, and the highest dose received by individual patients in the three studies was 3,360 mg, 4,024 mg and 4,320 mg.

In a crossover study involving 45 cancer patients, the efficacy and safety of **HYDROMORPH CONTIN[®]** (hydromorphone hydrochloride controlled release capsules) given 12 hourly was compared with conventional release hydromorphone tablets (Dilaudid[®]) given 4 hourly. Assessment of pain, nausea and sedation four times per day for seven days indicated that **HYDROMORPH CONTIN** provided an equivalent degree of pain control to Dilaudid and was associated with an equivalent incidence of typical opioid side effects.

Hydromorphone depresses respiration. The respiratory depression is discernible even with doses too small to disturb consciousness and increases progressively as the dose is increased. The primary mechanism of respiration depression involves a reduction in responsiveness of the brainstem respiratory centers to carbon dioxide. In a study in healthy volunteers the relative potency of hydromorphone and morphine for suppression of the ventilatory response to carbon dioxide was 8:1, a value consistent with the relative analgesic potency of the two drugs.

In the gastrointestinal tract, hydromorphone usually decreases the secretion of hydrochloric acid in the stomach, diminishes biliary, pancreatic and intestinal secretion, and delays digestion of food in the small intestine, and diminishes or abolishes propulsive peristaltic waves in the colon.

Hydromorphone causes constriction of the pupil due to excitatory action on the autonomic segment of the nucleus of the oculomotor nerve.

The primary effect of hydromorphone on the cardiovascular system is peripheral vasodilation which may be at least partially due to release of histamine. In the supine patient, therapeutic

doses of hydromorphone have no major effect on blood pressure or cardiac rate and rhythm but orthostatic hypotension may result on standing.

Pharmacokinetics: In three separate studies, the elimination half-life following intravenous administration of hydromorphone in man was 2.6, 2.4 and 3.1 hours. Following oral administration, in two of the studies, the elimination half-life was 2.5 - 4.1 hours and absolute bioavailability was 51 - 62%, indicating substantial presystemic elimination.

In a study in which bolus intravenous, 10, 20 or 40 µg/kg doses of hydromorphone were administered to healthy human subjects, there was a linear relationship between area under the plasma hydromorphone concentration-time curve and dose. The plasma concentration-time data was fitted best by a triexponential function, the coefficients of which were also linearly related to dose, indicating dose independent pharmacokinetics.

In urinary excretion studies, 36.8% of a 4 mg dose was recovered over 48 hours as glucuronide conjugate of the parent drug with only 5.6% present as unchanged drug. The metabolites dihydromorphone and dihydroisomorphine were present as glucuronide conjugates in amounts representing 0.1% and 1% of the administered dose, respectively.

Bioavailability: In a single dose bioavailability study the controlled release characteristics of **HYDROMORPH CONTIN** were demonstrated with reference to conventional release hydromorphone tablets (Dilaudid). Following 4 mg doses of both formulations, the time of attainment of maximum plasma concentration (T_{max}) was 4.0 hours with **HYDROMORPH**

CONTIN and 1.0 hour with Dilaudid. The maximum plasma concentration was reduced while the extent of absorption of hydromorphone with **HYDROMORPH CONTIN** was equivalent to that of Dilaudid. In the same study, administration of **HYDROMORPH CONTIN** together with a high protein, high fat meal, did not result in a significant increase in the extent of absorption of hydromorphone, compared with the fasting state.

In three separate pharmacokinetic studies, the rate and extent of absorption of hydromorphone with **HYDROMORPH CONTIN** was studied when sprinkled on one tablespoon (15 mL) of soft foods under the following conditions: warm ($40 \pm 2^\circ\text{C}$) applesauce (pH 3.56), cold ($4 \pm 1^\circ\text{C}$) applesauce (pH 3.62), room temperature ($23 \pm 2^\circ\text{C}$) custard (pH 6.95). All three studies concluded that bioequivalence was demonstrated when hydromorphone was administered as an intact capsule vs. administration of capsule contents sprinkled on these foods in healthy subjects under fasting conditions. For the conditions under study, the hydromorphone bioavailability was not affected by the pH of the soft foods or temperature, with a contact time at 30 minutes.

In a multiple dose pharmacokinetic study in patients with cancer pain, 12 hourly administration of **HYDROMORPH CONTIN** demonstrated bioequivalence to conventional release (Dilaudid) tablets administered 4 hourly, with respect to extent of absorption (AUC), and maximum and minimum plasma concentrations (C_{max} , C_{min}), with a significant delay in mean time of maximum plasma concentration, from 1.5 to 4.8 hours (TABLE 2).

TABLE 2

Pharmacokinetic Parameter (n = 18)	Conventional Release Hydromorphone (Dilaudid)	HYDROMORPH CONTIN	Ratio, % (90% Confidence Interval)*
AUC ₀₋₁₂ ng hr.mL ⁻¹	119.0	123.1	102 (92-113)
C _{max} ng.mL ⁻¹	19.7	17.8	97 (85-111)
C _{min} ng.mL ⁻¹	5.3	6.0	111 (96-124)
T _{max} (hr.)	1.5	4.8	-

* Derived from ln transformed data

In the same study, the relationship between dose of **HYDROMORPH CONTIN** and area under the plasma concentration-time curve of hydromorphone was linear over a range of daily doses from 6 mg to 216 mg.

TOXICOLOGY

The LD₅₀ of an intravenous (IV) and subcutaneous (SC) dose of hydromorphone in the mouse was 104 mg/kg and 84 mg/kg, respectively. The LD₅₀ of an IV and SC dose of hydromorphone HCl in the mouse was 55 mg/kg and 120 mg/kg respectively. In the rat the SC LD₅₀ was 51 mg/kg.

Hydromorphone was non-genotoxic in the Ames test and the in vivo mouse micronucleus assay, but positive in the mouse lymphoma assay with metabolic activation. Similar findings have been reported with other opioid analgesics like codeine and oxycodone, although codeine was negative in rodent carcinogenicity studies.

Carcinogenicity: The carcinogenic effects of hydromorphone are unknown.

Impairment of Fertility: No effects have been observed on male or female fertility or sperm parameters.

Teratology and Peri/Post-Natal Reproductive Toxicity

Teratogenic Effects - Human: There are no well-controlled studies of hydromorphone in pregnant women.

Evidence of a teratogenic effect was reported in the literature in mice and hamsters, but was not in GLP rat and rabbit studies. The anomalies produced resembled those produced by other opioid agonists, including morphine.

No effects on long-term reproductive performance of the F1 generation in rats were observed.

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PART III: CONSUMER INFORMATION

^NHydromorph Contin[®]

Hydromorphone Hydrochloride Controlled Release Capsules

This leaflet is part III of a three-part "Product Monograph" published when Hydromorph Contin was approved for sale in Canada and is designed specifically for Consumers. This leaflet is a summary and will not tell you everything about Hydromorph Contin. Contact your doctor or pharmacist if you have any questions about the drug.

Keep Hydromorph Contin in a safe place away from children and pets. Accidental use by a child is a medical emergency and may result in death. If a child accidentally takes Hydromorph Contin, get emergency help right away.

Please read this before you start taking **Hydromorph Contin** capsules. Remember this information does not take the place of your doctor's instructions.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT HYDROMORPH CONTIN?

- **Hydromorph Contin** capsules should be swallowed whole or ingested as soon as possible when opened and sprinkled on soft food. Do not break, chew, dissolve or crush **Hydromorph Contin** capsule contents before swallowing. If **Hydromorph Contin** is taken this way, hydromorphone will be released too fast. This can lead to serious and life-threatening breathing problems. Life-threatening breathing problems can also happen because of an overdose or if the dose you are using is too high for you. Get emergency medical help immediately if you:
 - have trouble breathing, or have slow or shallow breathing
 - have a slow heartbeat
 - have severe sleepiness
 - have cold, clammy skin
 - feel faint, dizzy, confused, or cannot think, walk or talk normally
 - have a seizure
 - have hallucinations
- **Hydromorph Contin** is not for use to treat pain that you only have once in a while ("as needed").
- Take **Hydromorph Contin** exactly as described by your physician. Do not take the 18 mg strength or more of **Hydromorph Contin** unless you are "opioid tolerant". Your doctor will tell you when you are "opioid tolerant" to a certain dose of **Hydromorph Contin**.
- Never give **Hydromorph Contin** to anyone else, even if they have the same symptoms as you have. It may harm them or even cause death.
- Tell your doctor if you (or a family member) have ever abused or been dependent on alcohol, prescription medicines or street drugs.

- Prevent theft, misuse or abuse. Keep **Hydromorph Contin** in a safe place to protect it from being stolen.
- After you stop taking **Hydromorph Contin**, you should take the unused capsules to your pharmacist to be destroyed.

ABOUT THIS MEDICATION**What the medication is used for:**

Hydromorph Contin is an oral controlled release capsule that slowly releases hydromorphone (an opioid analgesic) over a 12 hour period, and requires a dose every 12 hours to control your pain.

What it does:

Hydromorph Contin is a controlled release capsule containing the medicine hydromorphone. Hydromorphone is used to treat moderate to severe pain.

Hydromorphone belongs to a class of drugs which is commonly referred to as opiates, opioids or narcotics, and also includes codeine, fentanyl, morphine and oxycodone.

Your pain may increase or decrease occasionally and your doctor may need to change the amount of hydromorphone you take daily (daily dosage).

When it should not be used:

Hydromorph Contin should not be used if:

- Your doctor did not prescribe it for you;
- You are allergic to hydromorphone, opioids or any other ingredient in the capsules; (see **What the nonmedicinal ingredients are:**)
- Your pain is mild;
- Your pain can be controlled by occasional use of any painkillers;
- You have severe asthma or severe lung problems;
- You suffer from alcoholism;
- You have a head injury;
- You suffer from seizures;
- You had surgery less than 24 hours ago;
- You have a condition where the small bowel does not work properly (paralytic ileus) or you have severe pain in your abdomen;
- You are taking, or have taken within the past 2 weeks, a monoamine oxidase inhibitor medication (e.g., phenelzine sulphate, tranylcypromine sulphate, moclobemide or selegiline);
- You are pregnant, in labour or breastfeeding.

Individuals under 18 years of age should not take **Hydromorph Contin** capsules.

What the medicinal ingredient is:

Hydromorphone Hydrochloride

What the nonmedicinal ingredients are:

All strengths: colloidal silicon dioxide, dibutyl sebacate, ethyl cellulose, hydroxypropyl methylcellulose and microcrystalline cellulose.

In addition, the capsule shells contain the following ingredients:

All capsules: gelatin, titanium dioxide

3 mg: D&C Yellow No.10, FD&C Green No.3

4.5 mg: FD&C Blue No. 1, FD&C Red No. 3

6 mg: D&C Red No.28, FD&C Blue No.1, FD&C Red No.40

9 mg: FD&C Blue No.1

12 mg: D&C Red No.28, D&C Yellow No.10, FD&C Blue No.1, FD&C Red No.40

18 mg: yellow iron oxide

24 mg: iron oxide

30 mg: FD&C Red No.3, red iron oxide, yellow iron oxide

What dosage forms it comes in:

Hydromorph Contin Controlled Release Capsules: 3 mg, 4.5 mg, 6 mg, 9 mg, 12 mg, 18 mg, 24 mg and 30 mg

WARNINGS AND PRECAUTIONS

Hydromorph Contin capsules are designed to work properly over 12 hours when swallowed whole or when the capsules are opened and the contents is sprinkled onto a tablespoonful of warm or cold (4 - 40°C) applesauce or room temperature custard. Ensure the capsule is emptied of all contents.

Sprinkled doses should be ingested as soon as possible to avoid errors from the loss of product identification features after removal of beads from the capsule shell. The entire contents of the food and medicine mixture should be swallowed without chewing and should be followed by rinsing the mouth with water. Do not save any of the food/medicine mixture for another dose. After sprinkling, if unsure of the elapsed time or of which food sample contains the beads, discard all implicated food samples. If the contents of the capsule are chewed, crushed or dissolved, the entire 12-hour dose will be absorbed rapidly into your body. This can be dangerous, causing serious problems such as an overdose, which can be fatal.

Keep Hydromorph Contin out of the reach of children. You should not give Hydromorph Contin to anyone as inappropriate use may have severe medical consequences, including death.

BEFORE you use **Hydromorph Contin**, talk to your doctor or pharmacist if you have, or had in the past any other medical conditions, especially the following ones: trouble breathing or lung problems, head injury, liver or kidney problems, gastrointestinal problems, low blood pressure, prostate problems, unusual narrowing of the urethra, adrenal gland problems, such as

Addison's disease, convulsions or seizures, alcoholism, hallucinations or other severe mental problems, past or present substance abuse or drug addiction.

Tell your doctor or pharmacist if you are pregnant or plan to become pregnant, or are breast-feeding. **Hydromorph Contin** will pass through the milk and may harm the baby.

Hydromorph Contin should not be used in patients who are pregnant or lactating.

If you are planning surgery, or about to undergo surgery, tell your doctor that you are taking **Hydromorph Contin**.

You should take the following precautions while taking **Hydromorph Contin**:

- You must not consume alcohol while taking **Hydromorph Contin**, as it may increase the chance of experiencing dangerous side effects;
- Driving or other tasks requiring full alertness should not be attempted until you are sure that taking **Hydromorph Contin** does not make you drowsy;
- You must tell your doctor and pharmacist if you are taking any other over-the counter or prescription medications - they will tell you what you should do.

Abuse, Addiction and Physical Dependence

There is a risk of abuse or addiction with all opioids. Some patients, particularly those who have abused drugs in the past, may have a higher risk of abusing or developing an addiction while taking opioids, such as **Hydromorph Contin**. Patients who have taken **Hydromorph Contin** for a period of time may develop physical dependence, and should not abruptly stop taking it. See '**Discontinuation:**' section of this leaflet.

While there are important differences between physical dependence and addiction, each is a reason for close medical supervision and honest discussions with your doctor. If you have questions or concerns about abuse, addiction or physical dependence, please tell your doctor.

INTERACTIONS WITH THIS MEDICATION

You should not take **Hydromorph Contin** if you are currently taking (or recently stopped taking) one of the medicines known as monoamine oxidase inhibitor medications (e.g., phenelzine sulphate, tranilcypromine sulphate, moclobemide or selegiline).

Drugs that may interact with **Hydromorph Contin** include:

- Alcohol or other sedative drugs may enhance the drowsiness caused by hydromorphone;
- Other opioids, anaesthetics (e.g., barbiturates), sedatives, hypnotics, tranquillizers, neuroleptics, antidepressants, some heart medication (e.g. beta-blockers), blood thinners (coumarin or other anticoagulants), some antiemetics (medication to stop vomiting or nausea),

- chloral hydrate and glutethimide;
- Antihistamines or sleep aids (these medicines could make you drowsy and depress your breathing);
- Any nonprescription, (over-the-counter) medications;
- Any herbal remedies.

PROPER USE OF THIS MEDICATION

Hydromorph Contin capsules must be swallowed whole or opened and the contents sprinkled onto a tablespoonful of warm or cold (4 - 40°C), applesauce or room temperature custard. Ensure the capsule is emptied of all contents. Sprinkled doses should be ingested as soon as possible to avoid errors from the loss of product identification features after removal of beads from the capsule shell. The entire contents of the food and medicine mixture should be swallowed, without chewing, followed by rinsing the mouth with water to make sure all of the medicine has been swallowed. Do not save any of the food/medicine mixture for another dose. After sprinkling, if unsure of the elapsed time or of which food sample contains the beads, discard all implicated food samples. The capsule contents must not be chewed, crushed or dissolved, since this can lead to the release and absorption of an excessive dose of hydromorphone which can seriously harm you.

Hydromorph Contin is not recommended for rectal administration.

Usual dose:

Take the dose prescribed by your doctor. **Hydromorph Contin** capsules should be taken every 12 hours (with 4 to 6 oz. of water) to prevent pain all day and night.

Your dose of Hydromorph Contin will be clearly labelled on the medication bottle. Be sure to follow the directions on the label exactly; this is very important. Do not increase or decrease your dose without consulting your doctor. If your dosage is changed by your doctor, be sure to write it down at the time your doctor calls or sees you, and follow the new directions exactly. Review your pain regularly with your doctor to determine if you still need **Hydromorph Contin**. Be sure to use **Hydromorph Contin** only for the condition for which it was prescribed.

Discontinuation:

After you stop taking **Hydromorph Contin** you should take the unused capsules to your pharmacist to be destroyed.

Consult your doctor for instructions on how to stop this medicine slowly to avoid uncomfortable symptoms such as body aches, diarrhea, gooseflesh, loss of appetite, nausea, nervousness or restlessness, runny nose, sneezing, tremors or shivering, stomach cramps, tachycardia, trouble with sleeping, unusual increase in sweating, unexplained fever, weakness and yawning.

You should not stop taking **Hydromorph Contin** all at once if you have been taking it for more than a few days.

Reordering Hydromorph Contin:

A new written prescription is required from your doctor each time you need more **Hydromorph Contin**. Therefore, it is important that you contact your doctor at least three working days before your current supply runs out.

Overdose:

The most important sign of overdose is decreased breathing (abnormally slow or weak breathing), dizziness, confusion or extreme drowsiness. If you accidentally take an overdose of **Hydromorph Contin**, call your doctor and/or your local emergency number and/or Regional Poison Control Centre immediately or go to a hospital emergency and take any remaining capsules and the container with you, even though you may not feel sick.

Missed Dose:

It is very important that you do not miss any doses. If you miss one dose, take it as soon as possible. However, if it is almost time for your next dose, then skip the missed dose. Do not take two doses at once, unless your doctor tells you to. If you miss several doses in succession, talk to your doctor before restarting your medication.

Do not seek additional prescriptions for this medicine from any other doctor - unless responsibility for your pain management has been transferred to another doctor.

Should your pain increase or any other complaint develop as a result of taking **Hydromorph Contin** tell your doctor immediately.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

The most common side effects you may experience are constipation, nausea, drowsiness, dizziness, vomiting, itching, headache, dry mouth, confusion, weakness and sweating. Tell your doctor about these problems if they arise. Your doctor may order a laxative and stool softener to help relieve your constipation while you are taking **Hydromorph Contin**.

If you experience any symptoms related to difficulty in breathing, such as tight chest or wheezing, fainting, or rapid heartbeat, please consult a doctor or pharmacist immediately.

Physical dependence, abuse and withdrawal reactions have been reported. See withdrawal reactions listed within the "Discontinuation:" section of this leaflet.

*This is not a complete list of side effects. For any unexpected effects while taking **Hydromorph Contin**, contact your doctor or pharmacist.*

HOW TO STORE IT

Store at room temperature (15-25°C). Keep in a cool, dry place.

Keep **Hydromorph Contin** in a secure place to prevent theft and misuse.

Do not give any **Hydromorph Contin** to anyone other than the person for whom it was prescribed, since it may seriously harm them, including death.

Keep **Hydromorph Contin** out of the reach of children. Accidental overdose by a child is dangerous and may result in death.

REPORTING SUSPECTED SIDE EFFECTS

You can report any suspected adverse reactions associated with the use of health products to the Canada Vigilance Program by one of the following 3 ways:

- **Report online at**
www.healthcanada.gc.ca/medeffect
- **Call toll-free at 1-866-234-2345**
- **Complete a Canada Vigilance Reporting Form and:**
 - **Fax toll-free to 1-866-678-6789**
 - **Mail to: Canada Vigilance Program**
Health Canada
Postal Locator 0701C
Ottawa, ON K1A 0K9

Postage paid labels, Canada Vigilance Reporting Form and the adverse reaction reporting guidelines are available in the MedEffect™ Canada Web site at www.healthcanada.gc.ca/medeffect.

NOTE: Should you require information related to the management of the side effects, please contact your health professional. The Canada Vigilance Program does not provide medical advice.

MORE INFORMATION

*This leaflet summarized important information about **Hydromorph Contin**. If you would like more information, talk with your doctor and/or pharmacist.*

This document plus the full product monograph, prepared for health professionals can be found at:

<http://www.purdue.ca/products>
or by contacting the manufacturer, Purdue Pharma, at:
1-800-387-5349.

This leaflet was prepared by Purdue Pharma

® Purdue Pharma, owner of the Trademark Hydromorph Contin

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