

Methylene Blue



Methylene Blue is not recommended for long term use.

What is Methylene Blue ?

METHYLENE BLUE (METH uh leen bloo) is an active that is used in certain diagnostic procedures and used for other purposes; ask your health care provider or pharmacist if you have questions.

You should not take Methylene Blue (MB) if you:

- Are pregnant or intend of becoming pregnant.
- Are Breastfeeding,
- Are allergic to methylene blue,
- Are allergic to any other dyes
- have severe renal **impairment**
- have an inherited condition called glucose-6-phosphate dehydrogenase deficiency
- have cyanide poisoning
- have chlorate poisoning

What should I tell my care team before I take this medication ?

- You are taking any SSRI – including Escitalopram, Sertraline, Paroxetine and others
- You are taking opioids: opioids: medicines used to treat pain, including tramadol, pethidine, and dextromethorphan
- You are taking Dapsone – a medicine used to treat bacterial infections

How should I use this medication ?

Take this medicine by mouth with a full glass of water.

- Follow the directions on the prescription label. Take after meals.
- Take your doses at regular intervals.
- Do not take your medicine more often than directed.
- Talk to your paediatrician regarding the use of this medicine in children. Special care may be needed.

NOTE: This medicine is only for you. Do not share this medicine with others.

General Information about Methylene Blue:

Although low dose Methylene Blue (MB) is generally well tolerated,

- **Skin/urine Discoloration**
 - MB may cause skin / urine discolouration (ie. Blue tongue, blue-green urine)
 - Whilst this may be of concern – it is a transient effect.

- Methylene Blue can cause a **photosensitivity reaction in the skin** (sunburn-like reaction) when exposed to strong light sources, such as direct sun/ powerful lights. Protective measures against light exposure should be taken.
- **Driving or using machines**
 - **Be careful before you drive or use any machines or tools until you know how Methylene Blue Injection affects you.**
 - This medicine may cause dizziness in some people. If you feel dizzy do not drive, operate machinery, or do anything else that could be dangerous.
 - **If you feel light-headed, dizzy or faint when getting out of bed or standing up**, get up slowly. Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.
- **Foods / Drinks to avoid whilst taking MB**
 - Red Wine
 - Aged Cheeses (i.e. Blue Cheese)
 - Fermented products
- **Keep all your doctor's appointments so that your progress can be checked.**

What side effects may I notice from receiving this Medication ?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention. See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.



It is important you are aware of the **potential adverse effects / side effects**, in particular:

Common side effects	What to do
Gastrointestinal and Urinary: - nausea, vomiting, diarrhoea - pain when passing urine Nervous System: - headaches, dizziness - mental confusion, anxiety, agitation - tremor Eyes: - dilated pupils (increase in the size of the black part of the eyes) Taste: - taste disturbance or loss of taste	Speak to your doctor if you have any of these less serious side effects and they worry you.

Serious side effects	What to do
Low blood pressure: - loss of consciousness - severe fatigue - feeling lightheaded - buzzing or ringing in the ear - blurring or loss of vision Anaemia: - tiredness and shortness of breath when exercising - dizziness - pale appearance Allergic reaction: - shortness of breath - wheezing or difficulty breathing - swelling of the face, lips, tongue or other parts of the body - rash - itching or hives on the skin Heart: - chest pain - fast or irregular heartbeat General body: - stomach pain - high temperature - sweating more than normal Nervous system: - having problems with speaking, writing or reading	Call your doctor straight away or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed above may also occur in some people.

If take too much Methylene Blue:

If you take your dosage as your Doctor has prescribed to you, is unlikely that you will receive an overdose.

Symptoms of an overdose are the same as side effects but may be more severe.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital

Where should I keep my medication?

Keep out of the reach of children.

Store at room temperature between 15 and 30 degrees C (59 and 86 degrees F).

Protect from moisture and light.

Throw away any unused medicine after the expiration date.

NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.

References / Extracts from:

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