

PATIENT INSTRUCTIONS FOR NAMENDA/MEMANTINE

You have been started on a new medication, called Memantine. This medication is available as immediate release (IR) tablets or extended release (ER) capsules. You will be started at the lowest dose that will then be increased as tolerated to the highest effective dose.

IR/Immediate Release dosage frequency is once or twice a day:

- Initial dose is 5mg once a day week one; 5mg twice a day week 2; 10mg in the morning and 5 mg at night week 3; to the maximum dose 10mg twice a day.

ER/Extended Release dosage frequency is once a day:

- Initial dose is 7mg daily week one; 14mg daily week two; 21mg week three; to maximum dose of 28mg per day

This medicine is most often prescribed for patients with moderate to severe memory loss from Alzheimer's disease, Lewy body disease or vascular dementia. It may be started in addition to another medication you may be taking like Donepezil, Rivastigmine or Galantamine.

How does this medication work?

This medication helps many patients with moderate or severe dementia, inattention, or irritation; and to engage with others. Some patients may also show an improvement in agitation.

Note: This medication does not improve memory

Possible Side Effects?

Usually this medication is well tolerated by the majority of patients. However, like all medications, there are potential side effects.

- The most common are drowsiness and confusion. These side effects sometimes resolve with time and are usually dose related. So many patients do not experience these side effects on a lower dose.
- Other side effects may include (usually much less than 10%) dizziness, headache and constipation.

Call with any questions or concerns.

Patient Follow-Up

2 – 3 month follow-up visit with your VA provider.