

**READ THIS FOR SAFE AND EFFECTIVE USE OF YOUR MEDICINE  
PATIENT MEDICATION INFORMATION**

**Pr TRAVATAN® Z  
Travoprost Ophthalmic Solution**

Read this carefully before you start taking **TRAVATAN® Z** and each time you get a refill. This leaflet is a summary and will not tell you everything about this drug. Talk to your healthcare professional about your medical condition and treatment and ask if there is any new information about **TRAVATAN Z**.

**What is TRAVATAN Z used for?**

**TRAVATAN Z is used to treat high pressure in the eye.** This pressure can lead to an illness called **glaucoma**.

**How does TRAVATAN Z work?**

**High pressure in the eye.** Your eyeballs contain a clear, watery liquid, which feeds the inside of the eye. Liquid is always emptying out of the eye, and more liquid is always being produced. If the eye fills up faster than it empties, the pressure inside the eye builds up. If it gets too high, it can damage your sight.

**TRAVATAN Z is one of a group of medicines** for glaucoma which contain prostaglandin analogues. It works by increasing the outflow of liquid, which lowers the pressure in the eye. It may be used on its own or with other glaucoma eye drops, which also reduce pressure.

**What are the ingredients in TRAVATAN Z?**

Medicinal ingredient: travoprost 0.040 mg/mL

Non-medicinal ingredients: sofZia® preservative system (boric acid, propylene glycol, sorbitol, zinc chloride), polyoxyl 40 hydrogenated castor oil, and purified water. Tiny amounts of hydrochloric acid or sodium hydroxide are added to maintain proper pH balance.

**TRAVATAN Z comes in the following dosage forms:**

Liquid (a colourless to light yellow solution) supplied in a 2.5mL or 5mL plastic bottle with a screw cap.

**Do not use TRAVATAN Z if you are:**

- Allergic (*hypersensitive*) to:
  - Travoprost.
  - Other prostaglandin analogues.
  - Other ingredients in TRAVATAN Z. See **What are the ingredients in TRAVATAN Z?**
- Pregnant or plan to become pregnant.

**To help avoid side effects and ensure proper use, talk to your healthcare professional before you take TRAVATAN Z. Talk about any health conditions or problems you may have, including if you:**

- Will be having eye surgery.
- Have an eye infection.
- Are breastfeeding or planning to breast-feed. TRAVATAN Z may get into your breast milk.

**Other warnings you should know about:**

TRAVATAN Z is not to be used by people under 18 years of age.

**STOP taking TRAVATAN Z and talk to your doctor immediately:**

- If you develop an eye infection.
- Your eye(s) become irritated.
- You suffer any damage to your eye(s).

**Take special care using TRAVATAN Z Solution:**

- **If you wear soft contact lenses.** Do not use TRAVATAN Z while wearing contact lenses. Remove your contact lenses before applying TRAVATAN Z and wait at least 15 minutes after using the drops before putting your lenses back in.
- **If your skin comes into contact with TRAVATAN Z.** Wash your skin immediately. This is especially important for pregnant women.

**Eye Effects**

- TRAVATAN Z may increase the length, thickness, colour and/or number of your eyelashes.
- TRAVATAN Z may also change the colour of your eye. It may make your iris (the coloured part of your eye) more brown.
- If you use TRAVATAN Z in one eye only, the possible change in colour in your iris, the skin around the eye or the change in the eyelashes may appear in the treated eye only.
- These changes in pigmentation and lash growth may be permanent.

**Driving or using machines**

You may find that your vision is blurred for a short time just after you use TRAVATAN Z. Do not drive or use machines until your vision is clear.

**Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.**

No drug interaction studies have been done with TRAVATAN Z.

**How to take TRAVATAN Z:**

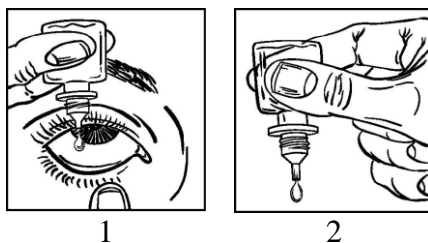
This medicine has been prescribed for you personally. You must not pass it on to other people. It may harm them even if they have the same illness as you.

**Usual adult dose:**

**1 drop in the affected eye(s) once a day.** Evening is the best time to take TRAVATAN Z.

Only use TRAVATAN Z in both eyes if your doctor told you to. Take it for as long as your doctor told you to.

Only use TRAVATAN Z in your eyes.

**How to use:**

- Get the TRAVATAN Z bottle and a mirror (if needed).
- Wash your hands.
- Twist off the cap.
- Hold the bottle, pointing down, between your thumb and fingers.
- Tilt your head back. Pull down your eyelid with a clean finger, until there is a 'pocket' between the eyelid and your eye. The drop will go in here (picture 1).
- Bring the bottle tip close to the eye. Use the mirror if it helps.
- Don't touch your eye or eyelid, surrounding areas or other surfaces with the dropper. It could get germs on the dropper tip.
- Gently squeeze the bottle to release one drop of TRAVATAN Z at a time (picture 2).
- If you take drops in both eyes, repeat the steps for your other eye.
- Put the bottle cap back on tightly after use.

If a drop misses your eye, wipe it off with a tissue and try again.

If you are using other eye drops, wait at least 5 minutes between putting in TRAVATAN Z and the other drops.

**Overdose:**

**If you accidentally use too many drops,** just go back to your regular once a day dosing the next day. If you have any concerns, talk to your doctor or pharmacist.

If you think you have taken too much TRAVATAN Z, contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

**Missed Dose:**

If you forget to use TRAVATAN Z, take your next scheduled dose. Do not use a double dose to make up the missed dose.

### **What are possible side effects from using TRAVATAN Z?**

These are not all the possible side effects you may feel when taking TRAVATAN Z. If you experience any side effects not listed here, contact your healthcare professional.

#### **Side effects in the eye may include:**

- Eye redness.
- Burning or stinging eyes.
- Itchy eyes.
- A change in eye colour.
- Dry eyes.
- A feeling that something is in the eyes.
- Eye or eyelid inflammation (swelling).
- Eye pain.
- Blurred or reduced vision.
- Sensitivity to light.
- Eye discharge.
- Eczema (rash) on the eyelids.
- Eyelid itching, crusting, redness or irritation.
- Increased tearing.
- Change in eyelash colour, eyelash thickening, growth or loss.
- Abnormally positioned eyelashes that grow back toward the eye.
- Reduced feeling in the eyes.
- Tired eyes, eye allergy, or sunken eyes.

#### **Other side effects in the body:**

- Headache
- Skin darkening or discolouration.
- Dizziness.
- A bad taste in the mouth
- High or low blood pressure.
- Cold-like symptoms, such as cough, voice disorder, throat pain, or nose discomfort.
- Dry nose or mouth.
- Nasal allergy or inflammation (swelling).
- Nose bleeds.
- Constipation, abdominal pain, nausea, vomiting or diarrhea.
- Excessive hair growth or hair colour changes.
- Rash, skin redness or itching.
- Feeling weak.
- Depression, trouble sleeping (insomnia) or anxiety.
- A ringing in the ears.
- Chest or joint pain.
- Muscle pain.
- Increase in prostate cancer marker.

<b>Serious side effects and what to do about them</b>			
Symptom / effect	Talk to your healthcare professional		Stop taking drug and get immediate medical help
	Only if severe	In all cases	
<b>UNCOMMON or RARE</b> Eye problems: clouded, blurry or dim vision, trouble seeing at night, sensitivity to light, halos around lights, fading or “yellowing” of colours, eye pain, eye redness, feeling like there is something in your eye, tearing, rash or sores on the eyelids or around the eyes		√	
<b>UNCOMMON</b> Allergic reaction: rash, hives, swelling of the face, lips, tongue or throat, difficulty swallowing or breathing			√
<b>RARE</b> Heart problems: fast or slow heartbeat  <b>UNKNOWN</b> Heart problems: abnormal or irregular heartbeat		√	
<b>RARE</b> Breathing problems: asthma, shortness of breath			√
<b>UNKNOWN</b> Bladder problems: loss of bladder control, painful urination		√	

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

## **Reporting Side Effects**

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/adverse-reaction-reporting.html>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

*NOTE: Contact your health professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.*

### **Storage:**

Store at 2°C - 25°C. No refrigeration required.

Don't use the drops after the expiry date (marked 'Exp') on the bottle and the box.

Keep out of reach and sight of children.

### **If you want more information about TRAVATAN Z:**

- Talk to your healthcare professional
- Find the full product monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the Health Canada website (<https://www.canada.ca/en/health-canada.html>); the manufacturer's website [www.novartis.ca](http://www.novartis.ca) or by calling 1-800-363-8883.

This leaflet was prepared by Novartis Pharmaceuticals Canada Inc.

Last Revised: February 27, 2019

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