

Black Cohosh Root

General guidance on the use of herbal medicines

- *Always read the label and package leaflet.*
- *Do not use more than the recommended dose.*
- *Keep all medicines out of the sight and reach of children.*
- *If your symptoms worsen see your doctor, pharmacist or healthcare practitioner.*
- *Always tell your doctor, pharmacist and healthcare practitioner that you are taking herbal medicines.*

1. What Black Cohosh root is and what it is used for

Black Cohosh root and rhizome (*Cimicifuga racemosa* L.) is a herbal medicinal substance used traditionally as a herbal medicine for the relief of symptoms of the menopause such as hot flushes, night sweats and mood changes.

2. Before you take Black Cohosh root

DO NOT USE **Black Cohosh root** if you:

- are allergic to Black Cohosh
- are pregnant or breast –feeding
- are under 18 years of age
- are of childbearing potential and do not use contraception
- have ever had or are suffering from liver or kidney disease (e.g. hepatitis, jaundice, cirrhosis)
- have ever had an oestrogen dependent tumour

TELL YOUR DOCTOR before taking **Black Cohosh root** if you:

- have a persistent history of menstrual disorders
- are currently taking a medicine containing oestrogen

Pregnancy and breast-feeding

There is no evidence that Black Cohosh is safe to use during pregnancy and breast-feeding so it should not be taken.

Driving and using machines

No data on the effects on the ability to drive and use machines are available. Make sure you know how it affects you before you drive or use machinery.

3. How to take Black Cohosh root

You should see your doctor if symptoms worsen or do not improve after 12 weeks or if you notice any re-appearance or changes in menstrual bleeding.

If you take more Black Cohosh than you should

If you take more than the recommended dose speak to a doctor, pharmacist or healthcare practitioner.

4. Possible side effects

The following side effects can occur:

Uncommon side-effects (affecting fewer than 1 in 1000 people)

Allergic skin reactions, itching and/or rash of the skin
Digestive upsets such as indigestion or diarrhoea
Facial swelling
Weight gain

These side-effects are often only temporary.

If these persist for more than a few days or become troublesome, stop taking the herbal medicine. If any of the side effects become serious tell your doctor, pharmacist or healthcare practitioner.

Stop taking Black Cohosh immediately if you experience any allergic skin reaction.

Other side-effects

Black Cohosh may in rare cases cause liver problems. If you become unwell (yellowing eyes, skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking Black Cohosh immediately and seek medical advice.

Tell your doctor or pharmacist if you experience any other side-effect.

