PATIENT INFORMATION LEAFLET

Read all of this leaflet carefully before you start taking PHYSIOTENS.

- **Keep this leaflet. You may need to read it again.**
- **If you have further questions, please ask your doctor or your pharmacist.**
- **PHYSIOTENS has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.**

SCHEDULING STATUS:

S3

PROPRIETARY NAME AND DOSAGE FORM:

PHYSIOTENS 0,2 (Film-coated tablets)
PHYSIOTENS 0,3 (Film-coated tablets)
PHYSIOTENS 0,4 (Film-coated tablets)

WHAT PHYSIOTENS CONTAINS:

Active ingredients:
Each tablet contains 0,2 mg, 0,3 mg or 0,4 mg of moxonidine.
Inactive ingredients:
Lactose, crospovidone, povidone, magnesium stearate, hypromellose, ethylcellulose, talc, polyethylene glycol 6000, E171 and E172.

WHAT PHYSIOTENS IS USED FOR:

PHYSIOTENS reduces high blood pressure. Medicines which reduce blood pressure are known as anti-hypertensives.

BEFORE TAKING PHYSIOTENS:

Do not take this medicine if you:

- have a heart complaint (for example, heart failure or abnormal rhythm);

- have a serious liver or kidney complaint;
- have ever had an allergic reaction to **PHYSIOTENS** or to any of its ingredients; or
- have had attacks or unusual swelling of the blood vessels and nerve endings.

PHYSIOTENS should not be in used in patients who:

- are pregnant, or think they might be;
- are breast-feeding;
- have leg pains caused by poor blood circulation;
- have Raynaud's disease (where your fingers go pale and blue and are painful in the cold);
- have Parkinson's disease (a disease of the nerves which causes shakiness and stiffness);
- have epilepsy (fits);
- have glaucoma (swelling in the eyes);
- are depressed; or
- are under 18 years old.
- have rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-glucose malabsorption.

Tell your doctor or pharmacist before taking **PHYSIOTENS** if you are already taking any of the following medicines:

- other medicines to reduce your blood pressure,
- antidepressants (tricyclic antidepressants such as imipramine and amitriptyline) or
- sleeping tablets (known as benzodiazepines).

Treatment with **PHYSIOTENS** should not be discontinued all of a sudden. **PHYSIOTENS** should be withdrawn gradually over a period of two weeks.

As we do not know whether alcohol affects the way **PHYSIOTENS** works, you shouldn't drink alcohol while you are taking **PHYSIOTENS**.

If you are taking other medicines on a regular basis, including complementary or traditional medicines, concomitant use of PHYSIOTENS may cause undesirable interactions. Please consult your doctor, pharmacist or other health care professional for advice.

If you are pregnant or breastfeeding your baby while taking PHYSIOTENS, please consult your doctor, pharmacist or other health care professional for advice.

HOW TO TAKE PHYSIOTENS:

Your treatment will normally start with one 0,2 mg tablet each morning. After about three weeks, your doctor may increase this dose to 0,4 mg once daily. **PHYSIOTENS** is not recommended for children under 18. Your doctor may tell you to take a lower dose than normal if you have a kidney complaint. Take your tablets with a drink of water, before, during or after a meal.

Keep taking your tablets unless your doctor decides you should stop. If this happens, your doctor will tell you how to reduce your dose gradually. If you are taking more than one medicine for high blood pressure, your doctor will tell you which medicine to stop first so that your body can adjust gradually to the change. If you miss a dose, ignore it and take the next dose at the normal time. Don't take two doses together to make up for the one you have missed.

In the event of an over-dosage, consult your doctor or pharmacist. If neither is available, go to the nearest hospital or poison control centre immediately.

Do not share medicines prescribed for you with others.

SIDE EFFECTS:

You may have some of the following side effects when you take **PHYSIOTENS**:

- a dry mouth,
- headaches,
- lack of energy,
- dizziness,

- feeling sick,
- sleepiness,
- difficulty in sleeping,
- skin flushing,
- a feeling of dizziness when you get up suddenly,
- low blood pressure,
- skin rash or itching.

People who take **PHYSIOTENS** tablets may experience drowsiness. If you feel drowsy, don't drive or use machinery. People taking **PHYSIOTENS** may develop allergic skin reactions (rash, itching, inflamed or reddened skin) and angioedema (unusual swellings). Please tell your doctor if you think you have these or any other side effects.

These tablets are for you. Please do not give them to anyone else, even if they have the same symptoms as you.

Not all side-effects reported for PHYSIOTENS are included in this leaflet. Should your general health worsen while taking PHYSIOTENS, please consult your doctor, pharmacist or other health care professional for advice.

STORAGE AND DISPOSAL INFORMATION:

- Do not store your tablets above 25ºC.
- Do not take the tablets after the expiry date printed on the packet.
- If you don't need to take this medicine anymore take it to your doctor or nearest pharmacy who will correctly dispose of it.

Store all medicine out of reach of children

PRESENTATION:

Blister packs containing 28 or 56 tablets.

IDENTIFICATION OF THE MEDICINE:

PHYSIOTENS 0,2: Light pink, round, biconvex, film-coated tablets imprinted with "0,2" on one side.

PHYSIOTENS 0,3: Pale red, round, biconvex, film-coated tablets imprinted with "0,3" on one side.

PHYSIOTENS 0,4: Dull red, round, biconvex, film-coated tablets imprinted with "0,4" on one side.

REGISTRATION NUMBER:

PHYSIOTENS 0,2: 32/7.1.3/0139

PHYSIOTENS 0,3: 32/7.1.3/0140

PHYSIOTENS 0,4: 32/7.1.3/0141

THE NAME AND THE BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE:

ABBOTT LABORATORIES SA (PTY) LTD
Abbott Place
219 Golf Club Terrace
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1709

THE DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET:

15 April 2011