Approved Patient Information Leaflet for Medicines for Human Use:

HYDROCHLOROTHIAZIDE 25 ASCENDIS

SCHEDULING STATUS: S3

HYDROCHLOROTHIAZIDE 25 ASCENDIS, 25 mg tablets

Hydrochlorothiazide

Contains sugar: lactose monohydrate, 80 mg per tablet

Read all of this leaflet carefully before you start taking/using/are given HYDROCHLOROTHIAZIDE 25 ASCENDIS.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor, pharmacist, nurse or other health care provider.
- HYDROCHLOROTHIAZIDE 25 ASCENDIS 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.

What is in this leaflet

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2. What you need to know before you take HYDROCHLOROTHIAZIDE 25 ASCENDIS

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1. What HYDROCHLOROTHIAZIDE 25 ASCENDIS is and what it is used for

HYDROCHLOROTHIAZIDE 25 ASCENDIS contains the active ingredient hydrochlorothiazide, which acts both as a diuretic (agent that promotes the excretion of urine) and an anti-hypertensive (medication for high blood pressure). It is used to treat a variety of conditions:

- Oedema (localized or general swelling due to accumulation of fluids in the cells, spaces in between the cells and in the tissues immediately underlying the skin) - associated with congestive cardiac (heart) failure (ineffective pumping of the heart), hepatic cirrhosis (liver disease), or nephrotic syndrome (an inflammatory like condition in the kidneys).
- Hypertension (abnormally high blood pressure) – hydrochlorothiazide may be used alone or in combination with other medicine treating high blood pressure (antihypertensive agents).

2. What you need to know before you take HYDROCHLOROTHIAZIDE 25 ASCENDIS

Do not take HYDROCHLOROTHIAZIDE 25 ASCENDIS

- If you are hypersensitive (allergic) to hydrochlorothiazide or any of the other ingredients of HYDROCHLOROTHIAZIDE 25 ASCENDIS or other sulphonamide-derived medicines (i.e. sulphamethoxazole).
- if you have severe liver problems.
- If you suffer from Anuria (the absence of urine production or a urinary output) or severe kidney problems.
- If you have Addison’s disease (a rare, hormonal disease that results from the underproduction of the hormones, aldosterone and cortisol, by the adrenal glands).
- if you have too much calcium in your blood (hypercalcaemia).
- If you are pregnant and have high blood pressure.

- if you are breastfeeding your baby.
- if you have had skin cancer of if you develop an unexpected skin lesion during treatment with HYDROCHLOROTHIAZIDE 25 ASCENDIS. Treatment with HYDROCHLOROTHIAZIDE 25 ASCENDIS, particularly long-term use with high doses, may increase the risk of some types of skin and lip cancer (non-melanoma skin cancer). Protect you skin from sun exposure and UV rays while taking HYDROCHLOROTHIAZIDE 25 ASCENDIS.

Warnings and precautions

Take special care with HYDROCHLOROTHIAZIDE 25 ASCENDIS:

- if you have liver problems.
- if you have high blood sugar. HYDROCHLOROTHIAZIDE 25 ASCENDIS may cause increased blood sugar and aggravate or unmask diabetes mellitus (a disease that results in too much sugar in the blood with symptoms such as severe thirst, frequent urination, tiredness, weight loss and blurred vision). Your blood sugar concentrations should be monitored if you are taking any medicine to treat diabetes.
- if you suffer from high cholesterol and high triglyceride (a type of fat in your blood) levels, HYDROCHLOROTHIAZIDE 25 ASCENDIS may increase these levels.
- if you have kidney problems.
- if you suffer from gout characterized by severe pain, redness and tenderness in joints, HYDROCHLOROTHIAZIDE 25 ASCENDIS may cause an attack of this condition.
- if you are experiencing a dry mouth, thirst, weakness, tiredness, drowsiness, restlessness, confusion, fits, muscle pains, cramps or weakness, low blood pressure, passing a reduced amount of urine, a fast, irregular heartbeat, breathing problems or nausea and vomiting as these may be signs of disturbances of the amount of different salts in your body (electrolyte imbalances). You should be carefully observed for signs of fluid and electrolyte imbalance, especially if you are vomiting or receiving parenteral fluid (intravenous) therapy. If you are an elderly patient you may be more prone to electrolyte imbalances.

- if you have high calcium levels in your blood as HYDROCHLOROTHIAZIDE 25 ASCENDIS may decrease excretion of calcium through the urine, which may cause increase calcium in the body.
- if you are going to have a test to measure the functioning of a gland situated in your neck behind your thyroid gland, called the parathyroid gland, HYDROCHLOROTHIAZIDE 25 ASCENDIS should be discontinued before the test.
- if you have low magnesium levels in your blood as HYDROCHLOROTHIAZIDE 25 ASCENDIS may increase the excretion of magnesium through the urine.
- if you are taking or have taken a medicine called corticotropin which may affect your heart and your heart medication.
- if you experience symptoms such as extreme fatigue, muscle weakness, breathing problems and feeling very thirsty, you may have chloride deficiency.
- if you suffer from a condition where you retain water (especially in hot weather), HYDROCHLOROTHIAZIDE 25 ASCENDIS may cause a decrease in blood sodium.
- if you suffer from a chronic inflammatory disease of connective tissue, affecting the skin and various internal organs known as systemic lupus erythematosus. HYDROCHLOROTHIAZIDE 25 ASCENDIS may exacerbate or activate this condition.
- if you are taking a medicine called lithium to treat a mental disorder.
- if you experience decreased vision and eye pain while taking HYDROCHLOROTHIAZIDE 25 ASCENDIS you should stop taking HYDROCHLOROTHIAZIDE 25 ASCENDIS and contact your doctor immediately as these symptoms may be caused by increased pressure in the eye (glaucoma). Your risk for developing this eye disorder is increased if you have a history of sulphonamide medicine or penicillin antibiotic allergy.
- if you experience a decrease in vision or eye pain. These could be symptoms of fluid accumulation in the vascular layer of the eye (choroidal effusion) or an increase of pressure in your eye and can happen within hours to weeks of taking HYDROCHLOROTHIAZIDE 25 ASCENDIS. This can lead to permanent vision loss, if not treated. If you earlier have had a penicillin or sulfonamide allergy, you can be at higher risk of developing this.
- if you had a surgery to stop excessive sweating called a sympathectomy.

- if you are going to have an anti-doping test, HYDROCHLOROTHIAZIDE 25 ASCENDIS could show a false positive result.
- if you have a history of allergy or asthma. HYDROCHLOROTHIAZIDE 25 ASCENDIS may cause allergic reactions.
- if you are taking medicines for high blood pressure.
- if you have had skin cancer of if you develop an unexpected skin lesion during treatment with HYDROCHLOROTHIAZIDE 25 ASCENDIS. Treatment with HYDROCHLOROTHIAZIDE 25 ASCENDIS, particularly long-term use with high doses, may increase the risk of some types of skin and lip cancer (non-melanoma skin cancer). Protect you skin from sun exposure and UV rays while taking HYDROCHLOROTHIAZIDE 25 ASCENDIS.

Other medicines and HYDROCHLOROTHIAZIDE 25 ASCENDIS

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Tell your doctor if you are using any of the following medicines:

- Digitalis glycosides, a medicine used to prevent abnormal heart rhythm or heart rate - hydrochlorothiazide may enhance the toxicity of these agents by depleting potassium concentrations in the blood.
- Alcohol, barbiturates (sedative, hypnotic, anticonvulsant) or narcotics (dulls the senses, relieves pain, and induces profound sleep) as it enhances orthostatic hypotension (a fall in blood pressure that occurs when a person stands up after lying on their back or stands erect for a long time).
- Antidiabetic agents – insulin and oral antidiabetics – your doctor may need to adjust the dosage of your antidiabetic medicine.
- Other antihypertensive medicine causing additive effects. Your doctor will discontinue diuretic therapy 2 to 3 days prior to initiation of therapy with an ACE inhibitor (i.e. captopril), to reduce the likelihood of first dose hypotension (excessive low blood pressure).

- Corticosteroids (i.e. cortisone) and ACTH (adrenocorticotrophic hormone), amphotericin B (injection used to treat fungal infections), carbenoxolone (medicine used to treat stomach ulcers) and stimulant laxatives (used to treat constipation) causing severe electrolyte depletion, especially hypokalaemia (abnormally low potassium concentration in the blood).
- Pressor amines (medicines used to treat low blood pressure in specific situations and serious allergic reactions) – decreased response to pressor amines (e.g. adrenalin). Pressor amines is believed to cause functional hypertension.
- Non-depolarising skeletal muscle relaxants (e.g. turbocuranine) - increased responsiveness to muscle relaxant. Turbocuranine is used during surgical operations as a muscle relaxant; therefore make sure to tell your doctor that you are taking this medicine before getting surgery.
- Lithium – hydrochlorothiazide reduces the clearance of lithium through the kidney, thus lithium toxicity may occur. Your doctor may need to adjust the dosage of lithium.
- Non-steroidal anti-inflammatory agents, – reduction of diuretic (promotes excretion of urine), natriuretic (elimination of extra sodium) and anti-hypertensive (blood lowering) effects have been reported.
- Medicine/laboratory test interactions: hydrochlorothiazide interferes with the tests for parathyroid function.
- Allopurinol – for the treatment of chronic gout.
- Amantadine - used to prevent or treat a certain type of flu (influenza A).
- Biperiden - used to treat the stiffness, tremors, spasms, and poor muscle control of Parkinson's disease.
- Ciclosporin - used to treat severe rheumatoid arthritis and a certain skin condition (severe psoriasis).
- Diazoxide - used to treat low blood sugar (hypoglycaemia) and salbutamol - used for asthma.
- Baclofen (used to treat epilepsy) – you may need a lower dose of HYDROCHLOROTHIAZIDE 25 ASCENDIS.

- Cholestyramine, colestipol (used to treat high cholesterol) – you may need a lower dose of HYDROCHLOROTHIAZIDE 25 ASCENDIS.
- Calcium salts – HYDROCHLOROTHIAZIDE 25 ASCENDIS may increase calcium.
- Medicines used with a condition called Torsades de pointes such as heart medicines (quinidine, hydroquinidine, disopyridine, amiodarone, sotalol, dofetilide, ibutilide), medicines for mental disorders (e.g. thioridazine, clopromazine, levomepromazine, sulpiride, haloperidol) and other medicines such as ketanserin, mizolastine, vincamine, cisapride, erythromycin IV).
- Carbamazepine (used to treat epilepsy).
- Tetracycline antibiotics.
- Methyldopa used in Parkinson's disease.
- Cytotoxic medicines such as methotrexate.
- Salicylates
- Other medicines containing griseofulvin, phenothiazines, sulfonamides and sulfonylureas, tetracyclines, retinoids and medicines used in photodynamic therapy.
- Laboratory tests for parathyroid function: Blood or urinary tests to test the function of the parathyroid gland.
- Laboratory tests for pancreas function: Blood or urinary tests to test the function of the pancreas.
- Medicines that contain iodine.

Taking HYDROCHLOROTHIAZIDE 25 ASCENDIS with alcohol

HYDROCHLOROTHIAZIDE 25 ASCENDIS may interact with alcohol usage.

Pregnancy and Breastfeeding:

You should not take HYDROCHLOROTHIAZIDE 25 ASCENDIS if you are pregnant or breastfeeding your baby.

The safety of HYDROCHLOROTHIAZIDE 25 ASCENDIS pregnancy and lactation has not been established (see section 4.3).

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

Driving and using machines

HYDROCHLOROTHIAZIDE 25 ASCENDIS has moderate influence on the ability to drive and use machines.

Since adverse reactions such as tiredness, dizziness and blurred vision have been reported in patients receiving HYDROCHLOROTHIAZIDE 25 ASCENDIS, you should not drive, use machinery or perform any tasks that require concentration, until you are certain that HYDROCHLOROTHIAZIDE 25 ASCENDIS does not adversely affect your ability to do so (see section 4).

It is not always possible to predict to what extent HYDROCHLOROTHIAZIDE 25 ASCENDIS may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which HYDROCHLOROTHIAZIDE 25 ASCENDIS affects them.

HYDROCHLOROTHIAZIDE 25 ASCENDIS contains lactose

HYDROCHLOROTHIAZIDE 25 ASCENDIS contain a sugar called lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. How to take HYDROCHLOROTHIAZIDE 25 ASCENDIS

Do not share medicines prescribed for you with any other person.

Always take HYDROCHLOROTHIAZIDE 25 ASCENDIS exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

If you have the impression that the effect of HYDROCHLOROTHIAZIDE 25 ASCENDIS is too strong or too weak, talk to your doctor or pharmacist.

Therapy will be initiated at the lowest dose required to achieve desired effect. Treatment will be individualized.

Dose

Adults:

Oedema (localized or general swelling due to accumulation of fluids in the cells, intercellular spaces and cavities):

25 mg to 50 mg per day.

When adequate control of oedema has been achieved: maintenance dose of 1 tablet (25 mg) per day.

In order to minimize excessive response and undesirable electrolyte imbalance, your doctor may prescribe this medicine on alternate days or on three to five days each week.

Maximum recommended daily dose is 100 mg.

Hypertension (abnormally high blood pressure):

12,5 mg to 25 mg daily as a single dose.

The initial dosage should be 12,5 mg, whether hydrochlorothiazide is used as a single preparation or in combination with other blood lowering medication.

Dosage should be adjusted until desired blood pressure is obtained and maintained. Maximum recommended daily dose is 100 mg.

Your doctor may find it necessary to decrease the dose of concomitantly administered antihypertensives (medicine lowering blood pressure), in order to avoid an excessive decrease in blood pressure.

Children

2,5 mg per kg body mass daily in 2 divided doses.

Method of administration

The tablet should be taken orally.

If you take more HYDROCHLOROTHIAZIDE 25 ASCENDIS than you should:

In the event of over dosage, consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison control centre.
Symptoms of over dosage are dizziness, nausea, drowsiness, low blood pressure, problem with the heartbeat rate.

If you forget to take HYDROCHLOROTHIAZIDE 25 ASCENDIS:

Do not take a double dose to make up for forgotten individual doses. If you miss a dose, take it as soon as you remember and go on as before. If you are not sure what to do, ask your doctor or pharmacist.

If you stop taking HYDROCHLOROTHIAZIDE 25 ASCENDIS

Do not stop taking HYDROCHLOROTHIAZIDE 25 ASCENDIS without consulting your doctor or pharmacist. If you have the impression that the effect of HYDROCHLOROTHIAZIDE 25 ASCENDIS is too strong or too weak, tell your doctor or pharmacist.

4. Possible side effects

HYDROCHLOROTHIAZIDE 25 ASCENDIS can have side effects.

Not all side effects reported for HYDROCHLOROTHIAZIDE 25 ASCENDIS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking HYDROCHLOROTHIAZIDE 25 ASCENDIS, please consult your health care provider for advice.

If any of the following happens, stop taking HYDROCHLOROTHIAZIDE 25 ASCENDIS and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing,
- rash or itching,

- blistering of the skin, mouth, eyes and genitals as these may be due to a serious allergic reaction known as Stevens-Johnson Syndrome (SJS),
- fever, flu-like symptoms, a painful red rash (may include purplish spots) that spreads, and blisters follows where the top part of the skin dies and peels off known as toxic epidermal necrolysis (TEN).

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to HYDROCHLOROTHIAZIDE 25 ASCENDIS. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- abnormal, irregular heart rhythm, muscle weakness and twitching that could be caused by low blood levels of potassium
- seizures (fits)
- a sore or ulcer that develops on the lining of the food pipe (oesophagus), stomach or small intestine with symptoms such as upper abdominal pain
- yellow pigmentation of skin and eyes caused by liver or blood problems (jaundice)
- inflammation of the pancreas which causes severe pain in the abdomen and back
- serious decrease of blood cells which can cause weakness, bruising or make infections more likely excessive fluid accumulation in lungs
- kidney failure, swelling and inflammation in between the kidney tubules
- too few white blood cells known as neutropenia
- inflammation of the lungs which causes breathlessness, cough and raised temperature (pneumonitis), difficulty breathing
- skin cancer (skin cancer may be a sore that does not heal or comes back after healing, pale, white or yellow flat areas that look like scars, raised and scaly red patches, small, smooth and shiny lumps that are pearly white, pink or red, pink growths with raised edges and indents in the centre or growths that has small blood vessels on the surface).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequent side effects:

- electrolyte imbalances, decrease in chloride in the blood, low blood levels of sodium which can cause tiredness and confusion, muscle twitching, fits and coma (may occur in patients with severe heart failure who have swelling due to retained fluid, especially with large doses of HYDROCHLOROTHIAZIDE 25 ASCENDIS in conjunction with restricted salt in the diet)
- stomach and intestine complaints, dry mouth
- thirst, weakness
- mental and physical sluggishness, drowsiness
- restlessness
- muscle pain and cramps
- reduced urine production.

Less frequent side effects:

- metabolic (physical and chemical processes necessary to maintain life) disturbances especially at high doses
- high blood sugar and the presence of glucose in the urine (glycosuria) in diabetic and other susceptible patients
- increased levels of uric acid in the blood that causes attacks of gout in some patients
- the urinary excretion of calcium is reduce
- deficiency of magnesium in the blood
- harmful changes in plasma lipids (fats)
- loss of appetite, stomach irritation, nausea, vomiting, constipation, diarrhoea
- headache, dizziness
- increased sensitivity of skin to sun
- numbness, tingling, pins and needles, cold, warmth, tingling pressure of the skin (paraesthesia)
- a fall in blood pressure on standing up which causes dizziness or fainting (postural hypotension)
- yellow vision

- inflammation of a salivary gland
- sense of spinning (vertigo)
- loss of male sexual ability.

Side effects with frequency unknown:

- Skin and lip cancer (non-melanoma skin cancer)
- Decreased vision or pain in the eyes
- fever
- light-headedness
- feelings of sadness or worthlessness (depression), sleep disturbances
- muscle spasm
- kidney problems
- temporary blurred vision
- hair loss
- increases in blood levels of fat in your blood called cholesterol and triglycerides,
- an inflammation of blood vessel walls (inflammation of blood vessels, often with skin rash, inflamed blood vessels in the skin),
- small purple coloured spots caused by bleeding into the skin,
- decrease in vision or pain in your eyes due to high pressure (possible signs of fluid accumulation in the vascular layer of the eye (choroidal effusion) or acute angle-closure glaucoma).

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist or nurse. You can also report side effects to SAHPRA via the "**6.04 Adverse Drug Reaction Reporting Form**", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of HYDROCHLOROTHIAZIDE 25 ASCENDIS.

Suspected side effects can also be reported directly to the Holder of the Certificate of Registration via medsafety@austell.co.za

5. How to store HYDROCHLOROTHIAZIDE 25 ASCENDIS

Store all medicines out of reach of children

Store at or below 25 °C.

Do not remove blisters/tablets from outer carton until required for use. Store in tight, well closed containers.

Protect from moisture.

Do not use after the expiry date stated on the label carton or bottle. Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems e.g. toilets.

6. Contents of the pack and other information

What HYDROCHLOROTHIAZIDE 25 ASCENDIS contains

- The active substance is hydrochlorothiazide.
- The other ingredients are colloidal silicon dioxide, lactose monohydrate, maize starch, magnesium stearate, microcrystalline cellulose, sodium starch glycollate.

What HYDROCHLOROTHIAZIDE 25 ASCENDIS looks like and contents of the pack

HYDROCHLOROTHIAZIDE 25 ASCENDIS are white to off-white, round, biplanar tablets with a facette and cross score notch.

Diameter: 8,0 ± 0,2 mm.

Height: 2,6 ± 0,2 mm.

HYDROCHLOROTHIAZIDE 25 ASCENDIS is supplied in white opaque polypropylene (PP)/aluminium blisters or polyvinylchloride (PVC)/aluminium blisters.

Each blister strip contains 10 or 14 tablets and each carton contains 28 (2 x 14 strips) or 30 tablets (3 x 10 strips) or 100 tablets (10 x 10 strips).

Not all pack sizes may be marketed.

Holder of Certificate of Registration

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