PROPOSED AMENDED PATIENT INFORMATION LEAFLET FOR

ZAARIO PLUS

SCHEDULING STATUS

S3

ZAARIO PLUS 50/12,5 film coated tablet

ZAARIO PLUS 100/25 film coated tablet

Contains sugar (lactose).

Read all of this leaflet carefully before you start taking ZAARIO PLUS:

- 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.
- **ZAARIO PLUS** 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:

1. What ZAARIO PLUS is and what it is used for

2. What you need to know before you take ZAARIO PLUS

3. How to take ZAARIO PLUS

4. Possible side effects

5. How to store ZAARIO PLUS

6. Contents of the pack and other information

1. WHAT ZAARIO PLUS IS AND WHAT IT IS USED FOR

ZAARIO PLUS is a combination of losartan (an angiotensin II receptor antagonist) and hydrochlorothiazide (a diuretic).

Angiotensin II is a substance produced in the body which binds to receptors in blood vessels, causing them to tighten. This results in an increase in blood pressure. Losartan prevents the binding of angiotensin II to these receptors, causing the blood vessels to relax which in turn lowers the blood pressure.

Hydrochlorothiazide works by making the kidneys pass more water and salt.

ZAARIO PLUS is used for the treatment of high blood pressure (hypertension).

2. What you need to know before you take ZAARIO PLUS

Do not take ZAARIO PLUS:

- If you are hypersensitive (allergic) to losartan potassium, hydrochlorothiazide or any of the other ingredients of **ZAARIO PLUS** (see **WHAT ZAARIO PLUS CONTAINS**).
- If you are allergic to other sulphonamide-derived medicines (sulpha medicines) such as co-trimoxazole or other thiazides.
- If you are pregnant or breastfeeding your baby (see **Pregnancy and breastfeeding**).
- If you have liver problems.
- If you have severe kidney disease or if your kidneys are unable to produce urine.
- If you have narrowing of the blood vessels to both kidneys or to a single functioning kidney.
- If you have had angioedema (swelling of your face, lips, mouth, tongue or throat with or without difficulty in swallowing or breathing) while taking an angiotensin-converting enzyme inhibitor (ACE inhibitor) or an angiotensin receptor blocker, such as **ZAARIO PLUS.**
- If you have a family history of or have a condition where severe swelling of the skin tissue under the surface layer occurs.

- If you have hypertrophic obstructive cardiomyopathy, a serious heart disorder where the muscles of the heart are thickened, interfering with normal blood flow.
- If you have aortic stenosis, a narrowing of the aortic valve opening between the left ventricle (large pumping chamber of your heart) and the aorta (the main artery leading away from your heart).
- If you are taking diuretics (water tablets) such as spironolactone, triamterene or amiloride, that cause your body to retain potassium.
- If you have a condition called porphyria (a metabolic disorder).
- If you are taking lithium (used to treat mood disorders).
- If you are using products containing aliskiren or other renin inhibitors (used to treat high blood pressure).
- If you have a condition called Addison's disease, characterised by anaemia, low blood pressure, great weakness, and bronze discolouration of the skin. It is caused by inadequate secretion of hormones by the adrenal cortex.
- Children should not take **ZAARIO PLUS**.

Take special care with ZAARIO PLUS:

- If you have any liver condition or a kidney disorder.
- Low blood pressure (symptomatic hypotension) is likely to occur if you are dehydrated (excessive loss of body water) or have salt deficiency due to diuretic therapy (water tablets), low-salt diet, diarrhoea, or vomiting. Fluid and electrolyte imbalances should be corrected before starting treatment with **ZAARIO PLUS**.
- If you are taking a medicine called an angiotensin converting enzyme (ACE) inhibitor, angiotensin II receptor blockers (ARBs) or renin inhibitors, such as aliskiren to treat your high blood pressure.
- If you have primary aldosteronism, a condition where the adrenal glands produce too much of the hormone aldosterone (high blood pressure, weakness, tingling in your hands, low potassium level).
- If you suffer from heart failure or other heart problems.
- If you are diabetic.
- If you suffer from high cholesterol.
- If you have had gout (a painful condition where uric acid builds up in the joints).
- If you have or have had an allergic condition or asthma.
- If you suffer from or a condition that causes joint pain, skin rashes and fever known as systemic lupus erythematosus.
- If you have elevated potassium levels in your blood (numbness, fatigue, palpitations.)
- Potassium-sparing diuretics should be avoided.
- If you have had skin cancer or if you develop an unexpected skin lesion during the treatment. Treatment with hydrochlorothiazide, particularly long term use with high doses, may increase the risk of some types of skin and lip cancer (non-melanoma skin cancer). Protect your skin from sun exposure and UV rays while taking **ZAARIO PLUS.**

Using other medicines with ZAARIO PLUS:

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.)

- Any other medicines that lower blood pressure.
- Potassium-sparing diuretics (water retention medication), potassium-containing medication or supplements containing potassium.
- Medicine containing lithium, used to treat some types of mood disorders.
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as indomethacin, aspirin or ibuprofen.
- Anti-tuberculosis medication rifampicin (used to treat tuberculosis (TB)) or anti-fungal medication, such as fluconazole.
- Oral medicines or insulin for the treatment of diabetes.
- Cholestyramine and colestipol resins, used to lower cholesterol levels.
- Alcohol, pain relievers or barbiturates (sleeping tablets).
- Medicines which relax your muscles.
- Beta$_2$-agonists, such as salbutamol, used to treat asthma.
- Arthritis medicines (corticosteroids).
- 'Pressor amines' such as nor-epinephrine (noradrenaline), or other drugs from the same group.
- Medicines used to treat gout, such as probenecid.
- Anticholinergic medicines, used to treat multiple conditions, such as diarrhoea, an overactive bladder, dizziness, motion sickness.
- Salicylates, such as aspirin used to treat pain and inflammation.
- Medicines that suppress the immune system in diseases like cancer, such as methyldopa.
- Ciclosporin, used to reduce rejection after an organ or bone marrow transplant.
- Digitalis glycosides used to treat heart problems.
- Any medicines containing calcium salts.
- Anti-epileptic medication such as, carbamazepine used to treat seizures and pain.

- Iodine contrast media, used to enhance the visibility of vascular structures during radiographic procedures.
- Medicines affected by potassium disturbances, such as quinidine, hydroquinidine, amiodarone, haloperidol or cisapride, bepridil used to treat heart problems, abnormal heart beats, mental problems or other conditions.
- Antifungal medication, such as amphotericin B (injection), steroidal medication, such as corticosteroids used to reduce inflammation and your immune response, stimulant laxatives (bisacodyl, senna) and glycyrrhizin (found in liquorice) used for medicinal and cosmetic use. Your doctor may check the amount of electrolytes (e.g. potassium) in your blood at regular intervals.

Taking ZAARIO PLUS with food and drink:

ZAARIO PLUS may be administered with or without food.

Pregnancy and breastfeeding:

DO NOT take **ZAARIO PLUS** if you are pregnant, suspect that you are pregnant, or are planning to become pregnant. Please use adequate contraception to prevent pregnancy while using **ZAARIO PLUS**.

DO NOT take **ZAARIO PLUS** if you are breastfeeding your baby.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking **ZAARIO PLUS**.

Driving and using machinery:

Do not drive, operate machinery, or do anything else that requires your attention until you know how **ZAARIO PLUS** will affect you.

Important information about some of the ingredients of ZAARIO PLUS:

ZAARIO PLUS contains a sugar called lactose monohydrate.

Patients with the rare hereditary conditions of lactose intolerance should not take **ZAARIO PLUS.** If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking **ZAARIO PLUS.**

3. HOW TO TAKE ZAARIO PLUS:

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

Always take **ZAARIO PLUS** exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

It is important to continue taking **ZAARIO PLUS** for as long as your doctor prescribes it in order to control your blood pressure.

The usual starting and maintenance dose is one **ZAARIO PLUS 50/12,5** tablet daily to control blood pressure over the 24-hour period.

Your doctor will determine the correct dose for your condition.

Take **ZAARIO PLUS** at the same time each day.

ZAARIO PLUS may be taken with or without food.

If you have the impression that the effect of **ZAARIO PLUS** is too strong or too weak, tell your doctor or pharmacist.

If you take more ZAARIO PLUS than you should:

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

Take this leaflet and the rest of the remaining **ZAARIO PLUS** with you so the doctor will know what you have taken.

If you forget to take ZAARIO PLUS:

If you have missed your dose by only a few hours, take the missed dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and take **ZAARIO PLUS** at the next regularly scheduled time. Do not take a double dose to make up for the forgotten individual doses.

4. POSSIBLE SIDE EFFECTS:

ZAARIO PLUS can have side effects.

Not all side effects reported for **ZAARIO PLUS** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **ZAARIO PLUS**, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens stop taking **ZAARIO PLUS** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching, fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **ZAARIO PLUS**. 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:

Side effects occurring frequently

- You feel unusually tired or weak (asthenia.)
- Swelling of your body (oedema).
- You have symptoms of fluid and electrolyte imbalance, such as dry mouth, increased thirst or unusual tiredness.
- You get an infection in your airways.

Side effects occurring less frequently

- Your heart beats faster than normally, you can feel your heartbeat.
- Stroke (collapse, or weakness of your arms or legs, headache, dizziness and confusion, blurred eyesight, difficulty swallowing, difficulty speaking), angina (chest pain, pain in your shoulders, arms and neck) or pain in your sternum.

- Heart problems or heart attack (pain in your arms, back, shortness of breath, sweating, fatigue).
- Respiratory problems, including water on the lungs.
- Difficulty breathing.
- There is a problem with the way your kidneys work, sugar in your urine.
- Excessive urination at night, frequent urination, urinary tract infection (cloudy, painful or strong smelling urine).
- Signs of recurrent infections, such as fever or sore throat.
- You feel tired and your skin looks pale (anaemia).
- You bleed or bruise more easily than normal, unexplained bruising or bleeding, such as pin point bleeds on your skin or nosebleeds.
- Toxic epidermal necrolysis (severe blistering skin rash, painful red, raw areas of your skin with discomfort).

Side effects occurring with unknown frequency

- Inflammation of your blood vessels (numbness, general aches and pains, weight loss.)
- Liver disease with nausea, vomiting, fever, yellowing of the skin and whites of the eyes (hepatitis), other problems with the way your liver and gallbladder works.
- Cutaneous lupus erythematosus (sensitive to light, red rash on your arms).

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

Tell your doctor as soon as possible if you notice any of the following:

Side effects occurring frequently

- Problems sleeping.
- Headache and dizziness.
- Stuffy and blocked nose, inflamed sinuses, cough, sore and inflamed throat.
- Infections of the upper respiratory tract affecting the nose and throat.
- Stomach pain, indigestion, diarrhoea, nausea (feeling sick).
- Pain in your back, muscle cramps and pain, leg pain.
- Decrease in liver function.
- Feeling tired, swelling of the body, chest pain.
- Changes in the levels of potassium in your blood, elevated liver enzymes, or other changes in your blood results when tests are done.

Side effects occurring less frequently

- Changes in blood components such as white and red blood cells.
- Lack/loss in appetite and gout.
- Feeling anxious, panicked, confused, depressed; disturbances in sleep and abnormal dreams; feeling drowsy and memory impairment.
- Feeling tired or nervous, sensation of tingling in the fingers and toes, a feeling of weakness, numbness and pain usually in the hands and feet, fits, migraine (severe headache, throbbing pain on one side or both sides of your head) or headache; and fainting.
- Blurred vision, burning/stinging of the eyes, decreased vision, inflammation of the outer membrane of the eyeball and the inner eyelid (“pink eye”) .
- A spinning sensation or feeling imbalanced; or ringing sound in your ears (tinnitus).
- Low blood pressure (dizziness, lack of concentration, fainting.)
- Feeling dizzy when you get up from a sitting or lying position.
- Condition known as vasculitis (inflammation of blood vessels causing fever, fatigue, weight loss and muscle and joint pain).

- Inflammation of your mouth and throat, inflammation of the vocal cords, shortness of breath.
- Inflammation of the air passages of the lung.
- Hayfever (runny nose or nasal congestion, your nose, roof of your mouth or throat may itch).
- Swelling, irritation inside your nose, nosebleeds.
- Experiencing gastrointestinal disturbances, including flatulence, inflammation of your stomach, constipation (this may be severe), nausea, vomiting, diarhoea and stomach cramps, irritation or spasms.
- Dental pain and dry mouth
- Yellowing of the skin and eyes associated with liver problems.
- Reddening, bruising and, skin is sensitive to sunlight, dry skin, hair loss, skin becoming sensitive to sunlight, sweating.
- Muscle tenderness, cramps or weakness (myalgia), painful, swollen joints (arthralgia), stiffness, pain in your arm or knee or shoulder pain.
- Fibromyalgia (musculoskeletal pain with stiffness, memory problems, trouble sleeping, irritable bowel syndrome).
- Decreased sexual drive, inability to achieve or maintain an erection.
- Swelling of the face, fever and feeling weak.
- High blood sugar (increased thirst and urination, weight loss), high uric acid levels (painful swelling and tenderness of your ankles, knees, feet).
- Fever.

Side effects occurring with unknown frequency

- Changes in the blood test results performed by your doctor.
- A change in your sense of taste, inflammation of a salivary gland, seeing things in yellow.
- Depending on the dosage, lightheadedness or dizziness when you stand up after sitting or lying down.

- Inflammation of the pancreas.
- Your liver may not function properly.
- Rhabdomyolysis (the breakdown of muscles causing dark, reddish urine, weakness and muscle aches).
- Flu-like symptoms.
- Seeing yellow and temporary blurred vision.
- Skin and lip cancer (non-melanoma skin cancer)
- Weakness.

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. Report all side effects to Unicorn Pharmaceuticals (Pty) Ltd to enquiries@unicornpharma.co.za

By reporting side effects, you can help provide more information on the safety of **ZAARIO PLUS**.

5. HOW TO STORE ZAARIO PLUS:

- Store at or below 25 °C.
- Protect from moisture.
- Keep the blister strips in the outer carton until required for use.
- **STORE ALL MEDICINES OUT OF REACH OF CHILDREN**.
- Do not use after the expiry date printed on the carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What ZAARIO PLUS contains

Active ingredients:

ZAARIO PLUS 50/12,5: Each film coated tablet contains 50 mg losartan potassium and 12,5 mg hydrochlorothiazide.

ZAARIO PLUS 100/25: Each film coated tablet contains 100 mg losartan potassium and 25 mg hydrochlorothiazide.

Inactive ingredients:

The other ingredients are lactose monohydrate, magnesium stearate, microcrystalline cellulose, pregelatinised starch, and Opadry Yellow (containing hydroxypropyl cellulose, hypromellose, Quinoline Yellow aluminium lake colourant, titanium dioxide).

Contains sugar: lactose monohydrate.

What ZAARIO PLUS looks like and contents of the pack

ZAARIO PLUS 50/12,5: Yellow coloured, oval shaped, film coated tablets, debossed with 'J' on one side and '50+' on the other side.

ZAARIO PLUS 100/25: Yellow coloured, oval shaped, film coated tablets, debossed with 'J' on one side and '100+' on the other side.

Silver-grey aluminium/aluminium blister strips containing 10 tablets each. Each outer carton contains 3 blister strips of 10 tablets each.

Holder of Certificate of Registration

Unicorn Pharmaceuticals (Pty) Ltd

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8000

South Africa

REGISTRATION NUMBERS

ZAARIO PLUS 50/12,5: A 46/7.1.3/0712

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