SCHEDULING STATUS: S3

1. NAME OF THE MEDICINE
ISOSORBIDE DINITRATE 5 KIARA (sublingual tablets)
ISOSORBIDE DINITRATE 10 KIARA (tablets)
ISOSORBIDE DINITRATE 30 KIARA (tablets)

2. QUALITATIVE AND QUANTITATIVE COMPOSITION
Each ISOSORBIDE DINITRATE 5 KIARA sublingual tablet contains 5 mg isosorbide dinitrate. Contains sugar (lactose 9,156 mg).
Each ISOSORBIDE DINITRATE 10 KIARA tablet contains 10 mg isosorbide dinitrate.
Each ISOSORBIDE DINITRATE 30 KIARA tablet contains 30 mg isosorbide dinitrate.

For a full list of excipients, see Section 6.1.

3. PHARMACEUTICAL FORM
ISOSORBIDE DINITRATE 5 KIARA: Round, pinkish-white, flat, bevelled edge tablets.
ISOSORBIDE DINITRATE 10 KIARA: White to off-white, biconvex, scored tablets.
ISOSORBIDE DINITRATE 30 KIARA: White to off-white, flat, bevelled edge, scored tablets.

4.CLINICAL PARTICULARS
4.1 Therapeutic indications
Prophylaxis of angina pectoris: 10 mg and 30 mg tablets.
Acute attacks: 5 mg sublingually.

4.2 Posology and method of administration
ISOSORBIDE DINITRATE 5 KIARA: One or two tablets every 2 or 3 hours, used sublingually for acute attacks.
ISOSORBIDE DINITRATE 10 KIARA: The dosage is 5 mg (half tablet) to 20 mg three times daily according to the patient's needs, to be swallowed.
ISOSORBIDE DINITRATE 30 KIARA: Indicated for patients requiring a higher range to prevent an anginal attack. Increases in dosage should be gradual to avoid side-effects. Up to 120 mg daily in divided doses may be necessary, to be swallowed.

4.3 Contraindications
ISOSORBIDE DINITRATE KIARA should not be given to patients with marked anaemia, head trauma or cerebral haemorrhage, acute coronary thrombosis, or patients with increased intracranial pressure. Isosorbide dinitrate should not be used in children. It should not be used during pregnancy except in the event of cardiac emergency. In this case the lowest possible dose should be administered.

ISOSORBIDE DINITRATE KIARA should not be used in cases of shock and hypotonic collapse. In cases of myocardial infarction, ISOSORBIDE DINITRATE KIARA should be administered only under strict medical supervision.
Contraindicated in patients hypersensitive to the active ingredient isosorbide dinitrate.

The ISOSORBIDE DINITRATE 10 KIARA and ISOSORBIDE DINITRATE 30 KIARA tablets are not intended for relief of acute symptoms of angina pectoris.

4.4 Special warnings and precautions for use
Patients may have no untoward effects while recumbent but may develop postural hypotension with faintness upon rising suddenly. If methaemoglobinaemia occurs, withdraw treatment. There is a theoretical hazard of rapid withdrawal following chronic administration which might be expected to produce non-exertional ischaemic cardiac pain or peripheral ischaemia. A marked sensitivity to the hypotensive effects of ISOSORBIDE DINITRATE KIARA and severe responses (nausea, vomiting, weakness, restlessness, pallor, perspiration, and collapse) can occur even with the usual therapeutic dosage. Alcohol may enhance this effect. Drug rash and/or exfoliative dermatitis may occur.

A slight increase and decrease in intraocular pressure has been found in patients with closed angle glaucoma.

ISOSORBIDE DINITRATE KIARA should be dispensed and kept in the original container with the lid closed in order to prevent degradation.

The action of antihypertensive agents can be intensified when they are used with ISOSORBIDE DINITRATE KIARA.

ISOSORBIDE DINITRATE KIARA can act as a physiological antagonist to adrenaline, acetylcholine, histamine, and many other agents.

Tolerance to ISOSORBIDE DINITRATE KIARA and cross tolerance to other nitrates may occur. In sensitive patients, ISOSORBIDE DINITRATE KIARA may cause paradoxical side-effects which may increase ischaemia and may even lead to extension of myocardial damage and advanced congestive heart failure.

Lactose intolerance
ISOSORBIDE DINITRATE 5 KIARA contains lactose. Patients with the rare hereditary conditions of galactose intolerance, e.g., galactosaemia, Lapp lactase deficiency, glucose-galactose malabsorption or fructose intolerance should not take ISOSORBIDE DINITRATE 5 KIARA.

4.5 Interactions with other medicines and other forms of interaction
Refer to Section 4.4 *Special warnings and precautions for use*.

4.6 Fertility, pregnancy and lactation
It should not be used during pregnancy except in the event of cardiac emergency. In this case the lowest possible dose should be administered (see Section 4.3 *Contraindications*).

4.7 Effects on the ability to drive or use machinery
ISOSORBIDE DINITRATE KIARA may cause dizziness (refer Section 4.8 *Undesirable effects*) which may affect the ability to drive or use machinery.

4.8 Undesirable effects
Headache is common and may be severe and persistent. Flushing of the face, dizziness, tachycardia and methaemoglobinaemia may occur. Coldness of the skin, impairment of respiration and bradycardia may occur. Transient episodes of dizziness and weakness, as well as other signs of cerebral ischaemia associated with postural hypotension, may develop. Severe hypotension, especially after myocardial infarction, may occur.

Reporting of suspected adverse reactions
Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are asked to report any suspected adverse reactions to SAHPRA via the "**6.04 Adverse Drug Reactions Reporting Form**", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8.

4.9 Overdose
See Section 4.8 *Undesirable effects.*
Treatment is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES
5.1 Pharmacodynamic properties
Pharmacological classification:
A 7.1.4 Vasodilators - coronary and other medicines used in angina pectoris.
ATC Code: C01DA08 - Organic nitrates
Isosorbide dinitrate is a dilator of arterial and venous smooth muscle. It relaxes smooth muscle including vascular muscles, lowers peripheral arterial blood pressure, decreases venous return and decreases left ventricular filling pressure.

6. PHARMACEUTICAL PARTICULARS
6.1 List of excipients
ISOSORBIDE DINITRATE 5 KIARA sublingual tablets
Microcrystalline cellulose, lactose, magnesium stearate, sodium starch glycolate, carmoisine lake.
ISOSORBIDE DINITRATE 10 KIARA and ISOSORBIDE DINITRATE 30 KIARA:
Microcrystalline cellulose, magnesium stearate, pregelatinised starch, colloidal silicon dioxide.

6.2 Incompatibilities
Not applicable.

6.3 Shelf life
48 months if stored in a dry place at or below 25 °C. Keep the container tightly closed and protect from light.

6.4 Special precautions for storage
This medicine does not require any special storage conditions.

6.5 Nature and contents of container
ISOSORBIDE DINITRATE 5 KIARA: Supplied in securitainers or amber glass bottles of 50 tablets.
ISOSORBIDE DINITRATE 10 KIARA: Supplied in securitainers, blisters, sealed aluminium bags or amber glass bottles of 50 or 84 tablets.
Securitainers, blisters or amber glass bottles of 500 tablets.
ISOSORBIDE DINITRATE 30 KIARA: Supplied in securitainers, blisters or sealed aluminium bags or amber glass bottles of 30, 50 or 100 tablets.

6.6 Special precautions for disposal
No special requirements.

7. HOLDER OF THE CERTIFICATE OF REGISTRATION
Kiara Health (Pty) Ltd
72 Steel Road, Spartan
Kempton Park 1619
South Africa

8. REGISTRATION NUMBERS
ISOSORBIDE DINITRATE 5 KIARA: W/7.1.4/336
ISOSORBIDE DINITRATE 10 KIARA: V/7.1.4/358
ISOSORBIDE DINITRATE 30 KIARA: V/7.1.4/359

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION
28 July 1989 – ISOSORBIDE DINITRATE 5 KIARA
18 Aug 1989 – ISOSORBIDE DINITRATE 10 KIARA and ISOSORBIDE DINITRATE 30 KIARA

10. DATE OF REVISION OF THE TEXT
24 May 2021

Additional countries registration details:

Country	Product name	Scheduling status (or Category of distribution)	Registration number
Namibia	ISOSORBIDE DINITRATE 5 KIARA	NS2	90/7.1.4/001486
	ISOSORBIDE DINITRATE 10 KIARA	NS2	90/7.1.4/001484
Botswana	ISOSORBIDE DINITRATE 5 KIARA	S2	B9309135
	ISOSORBIDE DINITRATE 10 KIARA	S2	B9309140
Zambia	ISOSORBIDE DINITRATE 5 KIARA	POM	039/058
	ISOSORBIDE DINITRATE 10 KIARA	POM	039/079
Mauritius	ISOSORBIDE DINITRATE 5 KIARA		R2996/02/14
	ISOSORBIDE DINITRATE 10 KIARA		R2995/02/14

ATC Code: C01DA08 - Organic nitrates

Name and address of manufacturer:
Kiara Health (Pty) Ltd
72 Steel Road, Spartan
Kempton Park, 1619, South Africa

KIARA

2021/ISO/011

SKEDULERINGSTATUS: S3

1. NAAM VAN DIE MEDISYNE
ISOSORBIDE DINITRATE 5 KIARA (ondertongse tablette)
ISOSORBIDE DINITRATE 10 KIARA (tablette)
ISOSORBIDE DINITRATE 30 KIARA (tablette)

2. KWALITATIEWE EN KWANTITATIEWE SAMESTELLING
Elke ISOSORBIDE DINITRATE 5 KIARA ondertongse tablet bevat 5 mg isosorbieddinitraat. Bevat suiker (laktose 9,156 mg).
Elke ISOSORBIDE DINITRATE 10 KIARA tablet bevat 10 mg isosorbieddinitraat.
Elke ISOSORBIDE DINITRATE 30 KIARA tablet bevat 30 mg isosorbieddinitraat.

Vir 'n volledige lys van eksipiënte, sien Afdeling 6.1.

3. FARMASEUTIESE VORM
ISOSORBIDE DINITRATE 5 KIARA: Ronde, pienkerige-wit, plat tablette met afgeskuinsde rante.
ISOSORBIDE DINITRATE 10 KIARA: Wit tot naaswit, bikonvekse, gekeepte tablette.
ISOSORBIDE DINITRATE 30 KIARA: Wit tot naaswit, plat, gekeepte tablette met afgeskuinsde rante.

4. KLINIESE BESONDERHEDE
4.1 Terapeutiese indikasies
Profilakse van angina pectoris: 10 mg en 30 mg tablette.
Akute aanvalle: 5 mg sublinguaal.

4.2 Posologie en metode van toediening
ISOSORBIDE DINITRATE 5 KIARA: Een of twee tablette elke 2 tot 3 ure; gebruik sublinguaal vir akute aanvalle.
ISOSORBIDE DINITRATE 10 KIARA: Die dosis is 5 mg (halwe tablet) tot 20 mg drie maal daagliks na gelang van die pasiënt se behoeftes; om gesluk te word.
ISOSORBIDE DINITRATE 30 KIARA: Aangedui vir pasiënte wat 'n groter dosisreeks benodig om 'n akute angina-aanval te voorkom. Toenames in doserings moet geleidelik wees om newe-effekte te vermy. Tot 120 mg daagliks in verdeelde dosisse mag nodig wees; om gesluk te word.

4.3 Kontra-indikasies
ISOSORBIDE DINITRATE KIARA moenie aan pasiënte met beduidende anemie, hooftrauma of serebrale bloeding, akute koronêre trombose, of vir pasiënte met verhoogde intrakraniale druk gegee word nie. Isosorbieddinitraat moenie in kinders gebruik word nie. Dit moenie tydens swangerskap gebruik word nie, behalwe in 'n kardiale noodgeval. In hierdie geval moet die laagste moontlike dosis toegedien word.

ISOSORBIDE DINITRATE KIARA moenie in gevalle van skok en hipotoniese kollaps gebruik word nie. In gevalle van miokardiale infarksie, moet ISOSORBIDE DINITRATE KIARA slegs onder streng mediese toesig toegedien word.

Teenaangedui in pasiënte wat hipersensitief vir die aktiewe bestanddeel, isosorbieddinitraat, is.

Die ISOSORBIDE DINITRATE 10 KIARA en ISOSORBIDE DINITRATE 30 KIARA tablette is nie bedoel vir die verligting van akute simptome van angina pectoris nie.

4.4 Spesiale waarskuwings en voorsorgmaatreëls vir gebruik
Pasiënte mag geen ongunstige effekte in die liggende posisie hê nie, maar mag posturale hipotensie met flouheid ontwikkel as hulle skielik opstaan. Indien methemoglobinemie voorkom, staak behandeling. Daar is 'n teoretiese gevaar van skielike onttrekking na chroniese toediening wat verwag mag word om nie-inspannings- iskemiese kardiale pyn of perifere bloedgebrek tot gevolg te hê. 'n Beduidende sensitiwiteit vir die hipotensiewe effekte van ISOSORBIDE DINITRATE KIARA en ernstige reaksies (naarheid, braking, swakheid, rusteloosheid, bleekheid, perspirasie en kollaps) mag selfs met die gewone terapeutiese dosis voorkom. Alkohol mag hierdie effek versterk. Middeluitslag en/of eksfoliatiewe dermatitis mag voorkom.

'n Geringe styging en daling in intra-okulêre druk is in pasiënte met toehoekgloukoom gevind.

ISOSORBIDE DINITRATE KIARA moet in die oorspronklike houer met die deksel toegemaak resepteer en bewaar word om afbraak te voorkom.

Die werking van antihipertensiewe middels kan versterk word wanneer dit saam met ISOSORBIDE DINITRATE KIARA gebruik word.

ISOSORBIDE DINITRATE KIARA kan as 'n fisiologiese antagonis van adrenalien, asetielcholien, histamien en menige ander middels optree.

Toleransie vir ISOSORBIDE DINITRATE KIARA en kruistoleransie vir ander nitrate mag voorkom. In sensitiewe pasiënte mag ISOSORBIDE DINITRATE KIARA paradoksale newe-effekte veroorsaak en dit mag iskemie vererger en selfs tot die uitbreiding van miokardiale skade en gevorderde kongestiewe hartversaking lei.

Laktose-intoleransie
ISOSORBIDE DINITRATE 5 KIARA bevat laktose. Pasiënte met die raar oorerflikheidstoestande van galaktose-intoleransie, bv. galaktosemie, Lapp-laktasetekort, glukose-galaktose-wanabsorpsie of fruktose-intoleransie moenie ISOSORBIDE DINITRATE 5 KIARA neem nie.

4.5 Interaksie met ander medisyne en ander vorms van interaksie
Verwys na Afdeling 4.4 *Spesiale waarskuwings en voorsorgmaatreëls vir gebruik.*

4.6 Fertiliteit, swangerskap en laktasie
Dit moenie tydens swangerskap gebruik word nie, behalwe in 'n kardiale noodgeval. In hierdie geval moet die laagste moontlike dosis toegedien word (sien Afdeling 4.3 *Kontra-indikasies*).

4.7 Effekte op die vermoë om te bestuur en masjiene te gebruik
ISOSORBIDE DINITRATE KIARA mag duiseligheid veroorsaak (verwys Afdeling 4.8 *Ongewenste effekte*) wat die vermoë om te bestuur of masjiene te gebruik, mag beïnvloed.

4.8 Ongewenste effekte
Hoofpyn is algemeen en mag ernstig en aanhoudend wees. Blosing van die gesig, duiseligheid, tagikardie en methemoglobinemie mag voorkom. Koue van die vel, inkorting van respirasie en bradikardie mag voorkom. Kortstondige episodes van duiseligheid en swakheid, asook ander tekens van serebrale iskemie geassosieer met posturale hipotensie, mag ontwikkel. Erge hipotensie, veral na miokardiale infarksie, mag voorkom.

Aanmelding van vermoedelike nadelige reaksies

Dit is belangrik om vermoedelike nadelige reaksies na goedkeuring van die medisyne aan te meld. Dit laat voortgesette monitering van die voordeel/risiko-balans van die medisyne toe. Gesondheidsorgverskaffers word versoek om enige vermoedelike nadelige reaksies aan die SARGP via die "**6.04 Nadelige Middelreaksie-Aanmeldingsvorm**" te rapporteer; dit kan aanlyn onder die SARGP se publikasies by https://www.sahpra.org.za/Publications/Index/8 gevind word.

4.9 Oordosis
Sien Afdeling 4.8 *Ongewenste effekte.*
Behandeling is simptomaties en ondersteunend.

5. FARMAKOLOGIESE EIENSKAPPE
5.1 Farmakodinamiese eienskappe
Farmakologiese klassifikasie:
A 7.1.4 Vasodilatore - koronêre en ander medisyne gebruik vir angina pectoris.
ATC-Kode: C01DA08 - Organiese nitrate
Isosorbieddinitraat is 'n dilator van arteriële en veneuse gladdespier. Dit ontspan gladdespier, insluitende vaskulêre spiere, verlaag perifere arteriële bloeddruk, verminder veneuse terugvoer en verminder linker ventrikulêre vullingsdruk.

6. FARMASEUTIESE BESONDERHEDE
6.1 Lys van eksipiënte
ISOSORBIDE DINITRATE 5 KIARA ondertongse tablette:
Mikrokristallyne sellulose, laktose, magnesiumstearaat, natriumstyselglikolaat, karmosynkleurstof.
ISOSORBIDE DINITRATE 10 KIARA en ISOSORBIDE DINITRATE 30 KIARA:
Mikrokristallyne sellulose, magnesiumstearaat, pregegelatineerde stysel, kolloïdale silikondioksied.

6.2 Onverenigbaarhede
Nie van toepassing nie.

6.3 Raklewe
48 maande indien geberg op 'n droë plek teen of benede 25 °C. Hou die houer dig toe en beskerm teen lig.

6.4 Spesiale voorsorgmaatreëls vir berging
Hierdie medisyne benodig nie enige spesiale bergingstoestande nie.

6.5 Aard en inhoud van die houer
ISOSORBIDE DINITRATE 5 KIARA: Verskaf in sekuriteitsbewaarders of amber glasbottels met 50 tablette.
ISOSORBIDE DINITRATE 10 KIARA: Verskaf in sekuriteitsbewaarders, stulpstroke, geseëlde aluminiumsakke of amber glasbottels met 50 of 84 tablette.
Sekuriteitsbewaarders, stulpstroke of amber glasbottels met 500 tablette.
ISOSORBIDE DINITRATE 30 KIARA: Verskaf in sekuriteitsbewaarders, stulpstroke of geseëlde aluminiumsakke of amber glasbottels met 30, 50 of 100 tablette.

6.6 Spesiale voorsorgmaatreëls vir wegdoening
Geen spesiale vereistes nie.

7. HOUER VAN DIE SERTIFIKAAT VAN REGISTRASIE
Kiara Health (Pty) Ltd
72 Steel Road, Spartan
Kempton Park 1619
South Africa

8. REGISTRASIENOMMERS
ISOSORBIDE DINITRATE 5 KIARA: W/7.1.4/336
ISOSORBIDE DINITRATE 10 KIARA: V/7.1.4/358
ISOSORBIDE DINITRATE 30 KIARA: V/7.1.4/359

9. DATUM VAN EERSTE MAGTIGING/HERNUWING VAN DIE MAGTIGING
28 Julie 1989 – ISOSORBIDE DINITRATE 5 KIARA
18 Aug. 1989 – ISOSORBIDE DINITRATE 10 KIARA en ISOSORBIDE DINITRATE 30 KIARA

10. DATUM VAN HERSIENING VAN TEKS
24 Mei 2021

Bykomende lande se registrasiebesonderhede:

Land	Produknaam	Skedulering-status (of Kategorie van verspreiding)	Registrasie-nommer
Namibië	ISOSORBIDE DINITRATE 5 KIARA	NS2	90/7.1.4/001486
	ISOSORBIDE DINITRATE 10 KIARA	NS2	90/7.1.4/001484
Botswana	ISOSORBIDE DINITRATE 5 KIARA	S2	B9309135
	ISOSORBIDE DINITRATE 10 KIARA	S2	B9309140
Zambië	ISOSORBIDE DINITRATE 5 KIARA	POM	039/058
	ISOSORBIDE DINITRATE 10 KIARA	POM	039/079
Mauritius	ISOSORBIDE DINITRATE 5 KIARA		R2996/02/14
	ISOSORBIDE DINITRATE 10 KIARA		R2995/02/14

ATC-Kode: C01DA08 - Organiese nitrate

Naam en adres van vervaardiger:
Kiara Health (Pty) Ltd
72 Steel Road, Spartan
Kempton Park, 1619, South Africa

51010012 V1(11/01/2021)
Pro-Print