Final Patient Information Leaflet

Information for the Patient about

CIPLAZAR-CO 50/12,5

AND

CIPLAZAR-CO 100/25 TABLETS

Read all of this leaflet carefully before you start taking CIPLAZAR-CO:

- **Keep this leaflet, you may need to read it again.**
- **If you have further questions please ask your doctor or your pharmacist.**
- **CIPLAZAR-CO 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):

CIPLAZAR-CO 50/12,5 (Tablets)

CIPLAZAR-CO 100/25 (Tablets)

WHAT CIPLAZAR-CO TABLETS CONTAIN:

The active substances are losartan and hydrochlorothiazide. **CIPLAZAR-CO 50/12,5** contains 50 mg losartan potassium and 12,5 mg hydrochlorothiazide.

CIPLAZAR-CO 100/25 contains 100 mg losartan potassium and 25 mg hydrochlorothiazide.

Inactive ingredients in both formulations include lactose monohydrate, microcrystalline cellulose, maize starch, magnesium stearate and opadry yellow.

WHAT CIPLAZAR-CO IS USED FOR:

CIPLAZAR-CO belongs to a class of medicines called antihypertensive medicines, in other words medicines that lower your blood pressure. Losartan is an angiotensin receptor blocker and hydrochlorothiazide is a diuretic (water pill).

CIPLAZAR-CO is indicated:

- For the treatment of hypertension (high blood pressure) in patients stabilised on identical doses of the individual active ingredients, namely losartan and hydrochlorothiazide.

BEFORE YOU TAKE CIPLAZAR-CO:

Do NOT take CIPLAZAR-CO if you:

- Are hypersensitive or allergic to any of the ingredients in **CIPLAZAR-CO**, or if you are allergic to thiazide water pills or other sulphonamide-like medicines. Please speak to your doctor or pharmacist if you are unsure.
- Have severe kidney disease or cannot pass urine.
- Have impairment of liver function.

- Are a child, since safety and efficacy of **CIPLAZAR-CO** have not been established in children.
- Have a history of severe swelling (angioedema) after previous therapy with angiotensin converting-enzyme (ACE) inhibitors or other angiotensin receptor blockers (ARBs). You should never use these medicines again.
- Suffer from hereditary (inherited) or idiopathic (unknown cause) angioedema (severe swelling of the whole body).
- Suffer from a heart condition known as hypertrophic obstructive cardiomyopathy (HOCM).
- Have narrowing of both your renal arteries (blood vessels taking blood to the kidneys).
- Narrowing of the artery taking blood to your kidney if you have only one kidney.
- Narrowing of your aorta.
- Are also using water pills (diuretics) that keep potassium back (potassium-sparing), such as spironolactone, triamterene or amiloride (see **"Taking other medicines with CIPLAZAR-CO"**). Please speak to your doctor or pharmacist if you are unsure.
- Suffer from porphyria.
- Suffer from Addison's disease.
- Are taking lithium, as use of **CIPLAZAR-CO** with lithium may lead to toxic blood concentrations of lithium.

- Are pregnant or breastfeeding, since the use of **CIPLAZAR-CO** may harm your baby (see **"Pregnancy and breastfeeding"**).

Take special care with CIPLAZAR-CO:

The presence of other medical conditions may affect the use of **CIPLAZAR-CO**. Tell your doctor or pharmacist if you have any of the following conditions as you may require a lower dose or special monitoring:

Liver and kidney impairment:

CIPLAZAR-CO is not recommended for patients with liver impairment or severe kidney impairment. As a consequence of inhibiting the renin-angiotensin system, changes in kidney function, including kidney failure, have been reported. These changes in kidney function may be reversible upon discontinuation of therapy.

CIPLAZAR-CO may increase blood levels of urea and serum creatinine (markers of kidney function) in patients with narrowing of both the blood vessels that supply blood to their kidneys or narrowing of one blood vessel if they have a single kidney. Similar effects have been reported with losartan; these changes in kidney function may be reversible upon discontinuation of therapy.

Hypotension (low blood pressure) and electrolyte/fluid imbalance:

In patients who are dehydrated or who have a reduced volume of fluid within their blood vessels (e.g., those treated with high-dose diuretics), symptomatic

hypotension (low blood pressure) may occur. These conditions should be corrected before **CIPLAZAR-CO** is taken, or a lower starting dose should be used. Your doctor will do blood tests to determine your electrolyte levels from time to time, as this is necessary in all patients who receive water pills (diuretics).

Metabolic and endocrine effects:

Hydrochlorothiazide therapy may impair glucose tolerance. Your doctor may have to adjust the dosage of your antidiabetic medicines, including insulin (see **"Taking other medicines with CIPLAZAR-CO"**). Hydrochlorothiazide may decrease calcium excretion by the kidneys and may cause intermittent and slight elevation (increases) of serum (blood) calcium. Marked hypercalcaemia (increased blood calcium) may be evidence of hidden overactive parathyroid glands. Hydrochlorothiazide should be discontinued before carrying out tests for parathyroid function and your doctor will advise you to stop using **CIPLAZAR-CO** before performing blood tests for evaluation of parathyroid function. Increases in cholesterol and triglyceride levels may be associated with hydrochlorothiazide diuretic therapy. Hydrochlorothiazide therapy may precipitate hyperuricaemia (high blood levels of uric acid) and/or gout in certain patients. Because losartan decreases uric acid, the losartan in **CIPLAZAR-CO** attenuates the hyperuricaemia brought about by the diuretic.

Other:

In patients receiving hydrochlorothiazide, hypersensitivity reactions may occur with or without a history of allergy or bronchial asthma. Exacerbation or activation of systemic lupus erythematosus has been reported with the use of hydrochlorothiazide.

Taking CIPLAZAR-CO with food and drink:

CIPLAZAR-CO may be administered with or without food. Each tablet should be swallowed whole with fluid. Do not divide, crush, chew or place the tablet in water. It is recommended that the tablets not be broken. See **"HOW TO TAKE CIPLAZAR-CO"**.

Use in pregnancy and breastfeeding:

The safety of **CIPLAZAR-CO** in pregnancy and lactation (breastfeeding) has not been established. Use of **CIPLAZAR-CO** during pregnancy or while you are breastfeeding may harm your baby.

If you are pregnant or breastfeeding your baby while taking CIPLAZAR-CO, please consult your doctor, pharmacist or other healthcare professional for advice.

Important information about some of the ingredients in CIPLAZAR-CO:

CIPLAZAR-CO contains lactose. If you are lactose intolerant, please speak to your doctor or pharmacist before taking **CIPLAZAR-CO**, as you may experience unwanted side-effects, such as nausea, cramping, bloating, diarrhoea, and

flatulence. If you suffer from a condition known as hereditary galactose intolerance, or if you have a history of galactose intolerance, you should not receive this medicine. You should also not receive **CIPLAZAR-CO** if you suffer from the rare Lapp lactose deficiency or from glucose-galactose malabsorption. Please discuss this with your treating doctor if you are unsure.

Taking other medicines with CIPLAZAR-CO:

See **"BEFORE YOU TAKE CIPLAZAR-CO"**.

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of **CIPLAZAR-CO** with other medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

In particular, if you are taking any of the following medicines or substances, please discuss this with your treating doctor or pharmacist, as you may require dosage adjustments or other precautions:

- Potassium-sparing water pills (such as spirinolactone, triamterene, amiloride) or potassium supplements or any other medicines that may increase your blood potassium levels (see **"Do not take CIPLAZAR-CO if you"**).
- Rifampicin, an antibiotic, and fluconazole (for fungal infections), as these medicines may make **CIPLAZAR-CO** less effective.

- Non-steroidal anti-inflammatory medicines (NSAIDs) for the treatment of pain and inflammation, since these medicines may make **CIPLAZAR-CO** less effective.
- Any other medicines for high blood pressure.
- Alcohol, barbiturates for epilepsy or general anaesthesia, or narcotics.
- Any medication for the treatment of diabetes, as you may require dosage adjustments of these medicines.
- Cholestyramine and colestipol for the treatment of high blood cholesterol levels, since these agents may interfere with the absorption of one of the active ingredients in **CIPLAZAR-CO**.
- Corticosteroids for the treatment of various conditions, such as asthma, eczema, arthritis, etc., since combination with **CIPLAZAR-CO** may cause salt disturbances.
- Sympathomimetics, in other words medicines that act on your adrenalin and noradrenalin receptors. Please speak to your doctor or pharmacist if you are unsure.
- Lithium (see **"Do not take CIPLAZAR-CO if you"**), since you may develop toxic blood concentrations of lithium.

If you are scheduled for surgery, please inform your anaesthetist that you are taking **CIPLAZAR-CO** since it may interfere with some of the medicines used during general anaesthesia, such as muscle relaxants.

HOW TO TAKE CIPLAZAR-CO:

Always take CIPLAZAR-CO exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual starting and maintenance dose of **CIPLAZAR-CO 50/12,5** is one tablet once daily. For patients who do not respond adequately to **CIPLAZAR-CO 50/12,5**, the dosage may be changed to one tablet of **CIPLAZAR-CO 100/25** once daily or two tablets of **CIPLAZAR-CO 50/12,5** once daily. The maximum dose is one tablet of **CIPLAZAR-CO 100/25** once daily or two tablets of **CIPLAZAR-CO 50/12,5** once daily. The maximum blood pressure lowering effect is attained within three weeks after initiation of therapy.

CIPLAZAR-CO should not be initiated in patients who are dehydrated or who have a reduced volume of fluid within their blood vessels (e.g., those treated with high-dose diuretics). **CIPLAZAR-CO** is not recommended for patients with severe kidney impairment or for patients with liver impairment (see **"Take special care with CIPLAZAR-CO"**). Elderly patients will be started on the same dosage as younger patients. Your doctor may prescribe **CIPLAZAR-CO** with other antihypertensive agents, particularly calcium channel blockers and beta-blockers. **CIPLAZAR-CO** may be taken with or without food.

If you take more CIPLAZAR-CO than you should:

Losartan potassium:

Limited data are available in regard to overdosage in humans. The most likely manifestation of overdosage would be hypotension (low blood pressure) and rapid heart rate; slow heart rate could also occur. If symptomatic hypotension should occur, your doctor will initiate the most appropriate treatment. Neither losartan nor the active metabolite can be removed by haemodialysis.

Hydrochlorothiazide:

The most common signs and symptoms observed are those caused by electrolyte depletion (hypokalaemia – low blood levels of potassium, hypochloraemia – low blood levels of chloride, and hyponatraemia – low blood levels of sodium) and dehydration resulting from excessive urination. If digitalis has also been administered, hypokalaemia may accentuate cardiac dysrhythmias (abnormal heart rhythms). The degree to which hydrochlorothiazide is removed by haemodialysis has not been established.

In the event of an overdosage with **CIPLAZAR-CO**, consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison control centre.

If you forget to take CIPLAZAR-CO:

Take **CIPLAZAR-CO** as prescribed. If you miss a dose of **CIPLAZAR-CO**, take it as soon as possible. However, if you do not remember the missed dose until the

next day, skip the missed dose and go back to your regular dosing schedule. Do not take a double dose to compensate for the forgotten individual dose.

POSSIBLE SIDE-EFFECTS:

What undesirable effects may CIPLAZAR-CO have?

CIPLAZAR-CO may have unintended or undesirable effects.

The most serious side-effects with **CIPLAZAR-CO** that you should report to your doctor as a matter of urgency include the following:

- Allergic or hypersensitivity reactions, that may present with severe swelling of the face, lips or tongue, or even whole body, skin rash or hives, difficulty breathing, itching, sensitivity to light, and fever.
- Low white cell counts (presenting with sore throat or ulcers or other infections that are difficult to heal), low red blood cell counts (presenting with tiredness or shortness of breath) and low platelet counts (presenting with easy bruising, bleeding from the gums, or pinpoint red spots on your skin).
- Inflammation of the pancreas, presenting with severe stomach pain, nausea and vomiting, distension of the stomach and fever.
- Yellow discolouration of the skin or whites of the eyes, due to liver damage.

- Inability to or difficulty passing urine, reduced frequency of urination, discolouration of urine, or pain over the kidneys.

Other serious side-effects that you should report to your doctor as soon as possible include:

- Dizziness, especially after getting up from sitting or lying down (which in some instances may be due to low blood pressure).
- Palpitations or rapid heart rate.
- Rash or hives.
- Swelling of the feet or legs.
- Pins and needles.
- Xanthopsia, an eye condition that causes objects to appear yellow.
- Inflammation and pain over any of the salivary glands.

Other side-effects, which you should report to your doctor if they continue or become bothersome, include:

- Sleeplessness, restlessness or headaches.
- Low blood pressure.
- Cough.
- Blocked nose, sore throat, pain over the sinuses or other symptoms of a nose or throat infection.
- Runny stomach, indigestion, nausea, vomiting, loss of appetite, stomach pain or cramping, and constipation.

- Back pain or muscle cramps.
- Fatigue or tiredness.
- Blurred vision.

Treatment with **CIPLAZAR-CO** may also cause certain laboratory abnormalities, such as:

- High blood potassium levels.
- Increases in blood alanine amino transferase (AST) levels, a liver enzyme, that usually return to normal if treatment is stopped.
- Increases in blood uric acid levels, which may precipitate gout - a condition characterised by pain, redness, and swelling over a joint and which often involves the big toe or knee.

Not all side-effects reported for this medicine are included in this leaflet. Please tell your doctor or pharmacist of any other undesirable effects you think may be due to taking **CIPLAZAR-CO**, especially if not mentioned in this leaflet.

STORAGE AND DISPOSING OF CIPLAZAR-CO:

HDPE Bottle:

Store at or below 25 °C. Keep well closed.

KEEP OUT OF REACH OF CHILDREN.

Blister Strip:

Store at or below 25 °C.

Keep the blisters in the outer carton until required for use.

KEEP OUT OF REACH OF CHILDREN.

Do not use after the expiry date stated on the packaging material. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems, for example toilets.

PRESENTATION OF CIPLAZAR-CO:

HDPE Bottle:

CIPLAZAR-CO 50/12,5:

White HDPE plastic bottle containing 100 tablets.

CIPLAZAR-CO 100/25:

White HDPE plastic bottle containing 100 tablets.

Blister Strip:

CIPLAZAR-CO 50/12,5:

Aluminium blister strip containing 10 tablets packed in 100's.

CIPLAZAR-CO 100/25:

Aluminium blister strip containing 10 tablets packed in 100's.

IDENTIFICATION OF CIPLAZAR-CO :

CIPLAZAR-CO 50/12,5:

Yellow, and oval-shaped, film-coated tablets with breakline on one side.

CIPLAZAR-CO 100/25:

Yellow, and oval-shaped, film-coated tablets.

REGISTRATION NUMBERS:

42/7.1.3/0723
42/7.1.3/0724

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATES OF REGISTRATION:

CIPLA MEDPRO (PTY) LTD

Rosen Heights

Pasita Street

Rosen Park

Bellville

7530

DATE OF PUBLICATION OF THIS PATIENT INFORMATION LEAFLET:

To be allocated.