

# TELMISARTAN SANDOZ®

*Telmisartan Tablets*

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## Consumer Medicine Information

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### WHAT IS IN THIS LEAFLET

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This leaflet answers some common questions about Telmisartan Sandoz®.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medicine against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may need to read it again.

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### WHAT TELMISARTAN SANDOZ® IS USED FOR

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This medicine is used to:

- treat high blood pressure (also called hypertension)
- prevent cardiovascular complications, including death due to cardiovascular causes, in patients older than 55 years of age with coronary artery disease, peripheral vascular disease, previous stroke, previous transient ischaemic attack (TIA) or high risk diabetes with evidence of end organ damage.

**Treatment of Hypertension:**

Telmisartan Sandoz® is used to

lower high blood pressure (hypertension).

Everyone has blood pressure. This pressure helps your blood move around your body. Your blood pressure may be different at different times of the day, depending on how busy or worried you are. You have hypertension (high blood pressure) when your blood pressure stays higher than normal, even when you are calm or relaxed.

There are usually no signs of hypertension. The only way of knowing that you have hypertension is to have your blood pressure checked on a regular basis. If high blood pressure is not treated, it can lead to serious health problems, including stroke, heart disease and kidney failure.

It contains the active ingredient, telmisartan which belongs to a group of medicines called angiotensin II receptor antagonist. It works by blocking the effect of angiotensin II. When the effect of angiotensin II is blocked, your blood vessels relax and your blood pressure goes down.

Telmisartan may be used either alone or in combination with other medicines used to treat high blood pressure.

**Prevention of Cardiovascular Complications, including Death due to Cardiovascular Causes**

Telmisartan Sandoz® is also used to prevent cardiovascular complications, including death due to cardiovascular causes that may arise in high risk patients older than 55 years of age. Examples include heart attack, stroke, death caused by

heart diseases or hospitalisation due to heart failure (a condition which can cause shortness of breath or ankle swelling).

Patients who may be considered at high risk of developing cardiovascular complications or at high risk of death due to cardiovascular causes are those aged 55 or more who have problems such as coronary artery disease (a heart disease caused by poor blood flow in the blood vessels of the heart), peripheral vascular disease (poor circulation in the hands or feet), previous stroke, previous transient ischaemic attack (TIA) or diabetes with additional high risk factors and evidence of end organ damage (e.g. damage occurring in the kidneys, heart, brain or eyes).

Your doctor can tell you if you are at high risk of developing cardiovascular complications or if you are at high risk of death due to cardiovascular causes.

**Ask your doctor if you have any questions about why this medicine has been prescribed for you.**

Your doctor may have prescribed it for another reason.

This medicine is not addictive.

This medicine is available only with a doctor's prescription.

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## BEFORE YOU TAKE TELMISARTAN SANDOZ®

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### *When you must not take it*

**Do not take this medicine if you have an allergy to:**

- Telmisartan, the active ingredient(s), or to any of the other ingredient(s) listed at the end of this leaflet under Product Description

Some of the symptoms of an allergic reaction may include:

- skin rash
- itchiness
- shortness of breath
- swelling of the face, lips or tongue
- muscle pain or tenderness or joint pain.

**Do not take this medicine if you have rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption.**

**Do not take this medicine if you are pregnant.**

It may affect your developing baby if you take it during pregnancy.

**Do not breastfeed if you are taking this medicine.**

It is not known if telmisartan passes into breast milk and there is a possibility that your baby may be affected.

**Do not give this medicine to a child under the age of 18 years**

Safety and effectiveness in children and teenagers up to 18 years of age have not been established.

**Do not take this medicine if you suffer from:**

- severe liver disease
- biliary obstructive disorders (problem with the flow of bile from the gall bladder)
- diabetes or kidney problems and you are taking aliskiren (a medicine used to treat high blood pressure).

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

**If you are not sure whether you should start taking this medicine, talk to your doctor.**

### *Before you start to take it*

**Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- kidney problems
- liver problems
- heart problems
- diabetes
- a condition known as primary hyperaldosteronism (raised aldosterone levels, also known as Conn's syndrome)
- lactose intolerance
- recent severe diarrhoea or vomiting

**Tell your doctor if you are following a very low salt diet.**

**Tell your doctor if you are pregnant or plan to become pregnant or are breastfeeding.**

**Telmisartan Sandoz® contains lactose.**

If you have been told by your doctor that you have intolerance to some sugars, tell your doctor before taking it.

**If you have not told your doctor about any of the above, tell him/her before you start taking Telmisartan Sandoz®**

### *Taking other medicines*

**Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines and Telmisartan Sandoz® may interfere with each other. These include:

- ramipril or any other medicines used to treat high blood pressure or heart problems
- potassium supplements or potassium-containing salt substitutes
- medicines or salt substitutes which may increase your potassium levels
- diuretics or fluid tablets, medicines used to help the kidneys get rid of salt and water by increasing the amount of urine produced
- aspirin
- nonsteroidal anti-inflammatory agents such as ibuprofen (medicines used to relieve pain, swelling and other symptoms of inflammation including arthritis)
- lithium, a medicine used to treat certain mental illnesses
- digoxin, a medicine used to treat heart failure.
- Trimethoprim, a medicine used to treat bacterial infections
- Heparin, a medicine used to thin your blood
- Corticosteroids, medicines used to treat inflammatory conditions
- Immunosuppressants, such as ciclosporin or tacrolimus (medicines used to prevent organ rejection after transplantation).

**These medicines may be affected by Telmisartan Sandoz®, or may affect the way it works. Also, other medicines used to treat high blood pressure may have an additive effect with Telmisartan Sandoz® in lowering your blood pressure. You may need different amounts of your medicines, or you may need to take different medicines.**

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while taking Telmisartan Sandoz®.

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## HOW TO TAKE TELMISARTAN SANDOZ®

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**Follow all directions given to you by your doctor or pharmacist carefully.**

They may differ from the information contained in this leaflet.

Your doctor or pharmacist will tell you how many tablets you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.

**If you do not understand the instructions, ask your doctor or pharmacist for help.**

### *How much to take*

#### **For the Treatment of Hypertension**

The usual dose of Telmisartan Sandoz® for adults is one 40 mg tablet once a day. If your blood pressure is still too high after 4-8 weeks of starting treatment, your doctor may increase your dose to 80mg.

#### **For the Prevention of Cardiovascular Complications, including Death due to Cardiovascular Causes**

The usual dose of Telmisartan Sandoz® is one 80 mg tablet once a day. Depending on how you respond to the treatment, your doctor may suggest a higher or lower dose.

**It is important to take Telmisartan Sandoz® exactly as your doctor or pharmacist has told you.**

**Ask your doctor or pharmacist if you are unsure of the correct dose for you.**

They will tell you exactly how much to take.

**Follow the instructions they give you.**

If you take the wrong dose, Telmisartan Sandoz® may not work as well and your problem may not improve.

### *When to take it*

**Take Telmisartan Sandoz® at about the same time each day, either morning or evening.**

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

It does not matter if you take Telmisartan Sandoz® before or after food.

### *How to take it*

**Swallow the tablet whole with a full glass of water.**

You can take Telmisartan Sandoz® with or without food.

### *How long to take Telmisartan Sandoz®*

**Take Telmisartan Sandoz® every day until your doctor tells you to stop.**

Telmisartan Sandoz® helps to control your high blood pressure, and/or prevents you from developing cardiovascular complications, but does not cure it. It is important to keep taking Telmisartan Sandoz® every day even if you feel well. People who have high blood pressure often feel well and do not notice any signs of this problem.

### *If you forget to take it*

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take the dose as soon as you remember, and then go back to taking it as you would normally.

**Do not take a double dose to make up for the dose that you missed.**

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

### *If you take too much (overdose)*

**Immediately telephone your doctor or the Poisons Information Centre (telephone Australia 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Telmisartan Sandoz®. Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

If you take too much Telmisartan Sandoz® you may feel dizzy, light-headed or faint.

Your heartbeat may be faster or lower than usual. You may experience rapid, shallow breathing or cold, clammy skin. This is because your blood pressure is too low.

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## WHILE YOU ARE TAKING TELMISARTAN SANDOZ®

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### *Things you must do*

**If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Telmisartan Sandoz®**

**Tell any other doctors, dentists and pharmacists who treat you that you are taking this medicine.**

**If you feel that Telmisartan Sandoz® is not helping your condition, tell your doctor or pharmacist.**

**Tell your doctor if, for any reason, you have not used Telmisartan Sandoz® exactly as prescribed.**

Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

**Tell your doctor immediately if you become pregnant while taking this medicine.**

You should not take this medicine while you are pregnant.

**If you are going to have surgery, tell your doctor and anaesthetist that you are taking this medicine.**

It may affect some medicines you receive during surgery.

### *Things you must not do*

**Do not take Telmisartan Sandoz® to treat any other complaints unless your doctor tells you to.**

**Do not give your medicine to anyone else, even if they have the same condition as you.**

### *Things to be careful of*

**Be careful when driving or operating machinery while you are taking Telmisartan Sandoz® until you know how it affects you.**

Like other medicines used to treat high blood pressure, Telmisartan Sandoz® may cause sleepiness, dizziness or lightheadedness in some people.

**If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.**

You may feel dizzy or light-headed when you begin to take Telmisartan Sandoz®, especially if you are also taking a diuretic (or fluid tablet) or if you are dehydrated.

**If this medicine makes you feel dizzy or light-headed, be careful when getting up from a sitting or lying position.**

Standing up slowly, especially when you get up from a bed or chair, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

**If you exercise, or if you sweat, or if the weather is hot, you should drink plenty of water.**

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## SIDE EFFECTS

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Telmisartan Sandoz®**

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

**Do not be alarmed by the following lists of side effects. You may not experience any of them.**

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- dizziness or lightheadedness when you stand up especially when getting up from a sitting or lying position
- dizziness or spinning sensation, fainting
- tiredness or weakness
- 'flu-like' symptoms
- pain in the chest
- diarrhoea
- indigestion
- stomach pain or discomfort
- wind or excessive gas in the stomach or bowel (flatulence)
- upper respiratory tract infections
- shortness of breath
- back pain
- aching muscles, not caused by exercise (myalgia)
- muscle spasms or leg cramps or leg pain
- painful joints (arthralgia)
- tendon pain or tendinitis-like symptoms
- urinary tract infections (including cystitis)
- trouble sleeping (insomnia)
- feeling anxious
- depression
- fast or slow heart beats
- visual disturbance
- increased sweating
- dry mouth
- allergic skin reactions including skin rash (eczema); itchiness (pruritus); redness of the skin (erythema)

- symptoms that may indicate low blood sugar levels in the blood, such as sweating, weakness, hunger, dizziness, trembling, headache or numbness (especially in diabetic patients)
- abnormal liver functions
- symptoms that may indicate a worsening of the kidney function, such as passing little or no urine, drowsiness, nausea, vomiting, breathlessness, loss of appetite and weakness.
- symptoms that may indicate high potassium levels in the blood, such as nausea, diarrhoea, muscle weakness and changes in heart rhythm
- signs of anaemia such as tiredness, being short of breath when exercising, dizziness and looking pale
- bleeding or bruising more easily than normal (thrombocytopenia)
- symptoms that may indicate an infection of the blood, such as high fever, chills, headache confusion and rapid breathing
- changes in your red or white blood cell levels may occur (such changes are usually detected by a blood test).

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

- swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- severe and sudden onset of itchy or raised skin rash, hives or nettle rash

These are serious side effects. You may need urgent medical attention or hospitalisation. These side effects are rare.

**Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

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## AFTER TAKING TELMISARTAN SANDOZ®

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### *Storage*

Keep your medicine in the original container.

If you take it out of its original container it may not keep well.

Keep your medicine in a cool dry place where the temperature stays below 30°C.

Do not store Telmisartan Sandoz® or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### *Disposal*

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

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## PRODUCT DESCRIPTION

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### *What it looks like*

Telmisartan Sandoz® comes in two types of tablets:

Telmisartan Sandoz® 40mg tablets  
- white, oblong, plain tablet scored on one side and debossed with 40 on the other side.

Telmisartan Sandoz® 80mg tablets  
- white, oblong, plain tablet scored on one side and debossed with 80 on the other side.

Available in blister packs of 28 tablets.

### *Ingredients*

Active ingredients:

- Telmisartan Sandoz® 40mg - 40mg telmisartan
- Telmisartan Sandoz® 80mg - 80mg telmisartan

Inactive ingredients:

- sodium hydroxide,
- meglumine,
- povidone,
- ludipress,
- lactose,
- magnesium stearate.

### *Supplier*

Sandoz Pty Ltd  
ABN 60 075 449 553  
54 Waterloo Road  
Macquarie Park, NSW 2113  
Australia  
Tel: 1800 726 369

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### **Australian Register Number(s)**

40mg tablet: AUST R 199699  
(blisters)

80mg tablet: AUST R 199698  
(blisters)