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What VALZAAR is used for

VALZAAR is a prescription medicine known as angiotensin receptor antagonist. It is used in adults to:

- Lower high blood pressure (hypertension) in adults.

How VALZAAR works

VALZAAR belongs to a class of medicines known as angiotensin II receptor antagonists, which help to control high blood pressure. Angiotensin II is a substance in the body that causes vessels to tighten, thus causing your blood pressure to increase. **VALZAAR** works by blocking the effect of angiotensin II. As a result, blood vessels relax and blood pressure is lowered.

Before you use VALZAAR

When you must not use it

Do not take **VALZAAR**:

- If you are allergic (hypersensitive) to valsartan or any of the other ingredients of **VALZAAR**.
- If you have severe liver disease.
- If you are pregnant
- If any of these apply to you, speak to your doctor.

- Before you start use it

You must be careful and talk to your doctor before taking **VALZAAR** if any of the following apply to you.

- If you have liver disease.
- If you have severe kidney disease or if you are undergoing dialysis.
- If you are suffering from a narrowing of the kidney artery.
- If you have recently undergone kidney transplantation (received a new kidney).
- If you have severe heart disease other than heart failure or heart attack.
- If you are taking medicines that increase the amount of potassium in your blood. These include potassium

supplements or salt substitutes containing potassium, potassium-sparing medicines and heparin. It may be necessary to check the amount of potassium in your blood at regular intervals.

- If you suffer from aldosteronism. This is a disease in which your adrenal glands make too much of the hormone aldosterone. If this applies to you, the use of **VALZAAR** is not recommended.
- If you have lost a lot of fluid (dehydration) caused by diarrhoea, vomiting, or high doses of water pills (diuretics).
- The use of **VALZAAR** in children <6 years is not recommended.
- You must tell your doctor if you think you are (or might become) pregnant.

- Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

The effect of the treatment can be influenced if **VALZAAR** is taken together with certain other medicines. It may be necessary to change the dose, to take other precautions, or in some cases to stop taking one of the medicines.

This applies to both prescription and non-prescription medicines, especially:

- Medicines that increase the amount of potassium in your blood. These include potassium supplements or salt substitutes containing potassium, potassium-sparing medicines and heparin.
- Certain type of pain killers called non-steroidal anti-inflammatory medicines (NSAIDs).
- Lithium, a medicine used to treat some types of psychiatric illness.

In addition:

How to use VALZAAR

- How much to use

Always take **VALZAAR** exactly as your doctor has told you in order to get the best results and reduce the risk of side effects. You should check with your doctor or pharmacist if you are not sure. People with high blood pressure often do not notice any signs of this problem. Many may feel quite normal. This makes it all the more important for you to keep your appointments with the doctor even if you are feeling well.

- When to use it

- You can take **VALZAAR** with or without food. Swallow **VALZAAR** with a glass of water.
- Take **VALZAAR** at about the same time each day.

- How long to use it

Ask your doctor or pharmacist how long you can take it. Do not initiate or stop the treatment without consulting your doctor. Stopping your treatment with **VALZAAR** may cause your disease to get worse. Do not stop taking your medicine unless your doctor tells you to.

- If you forget to use it

- Do not take a double dose to make up for a forgotten dose.
- If you forget to take a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you missed.

- If you use too much (overdose)

If you experience severe dizziness and/or fainting, lie down and contact your doctor immediately. If you have accidentally taken too many tablets, contact your doctor, pharmacist, or hospital.

While you are using it

- Things you must do

Take **VALZAAR** at about the same time each day.

- Things you must not do

Do not stop taking your medicine unless your doctor tells you to.

- Things to be careful of

Driving and using machines

This medicine may affect your ability to drive or use machines. If the tablets make you feel dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

Side effects

VALZAAR may cause the following serious side effects:

- Decrease of level of haemoglobin and decrease of the percentage of red blood cells in the blood (which can lead to anaemia in severe cases), decrease in neutrophils and platelet counts
- Allergic reaction with rash, itching and hives; symptoms of fever,

Valzaar Tablets

Consumer Medication Information Leaflet (RiMUP)

Valsartan Hydrochloride (80mg & 160mg)

swollen joints and joint pain, muscle pain, swollen lymph nodes and/or flu-like symptoms may occur (signs of serum sickness)

- Increase of level of potassium in the blood (which can trigger muscle spasms and abnormal heart rhythm in severe cases)
- Spinning sensation (vertigo)
- Purplish-red spots, fever, itching (signs of inflammation of blood vessels also called Vasculitis)
- Cough
- Abdominal pain
- Elevation of liver function values (which can indicate liver damage) including an increase of bilirubin in the blood (which can trigger yellow skin and eyes in severe cases)
- Angioedema (a specific allergic reaction) with symptoms such as swollen face, lips, tongue or throat, difficulty in breathing or swallowing, hives or itching
- Muscle pain (myalgia)
- Increase level of blood urea nitrogen and increase level of serum creatinine (which can indicate abnormal kidney function)
- Tiredness
- Weakness

Tell your doctor if you get any side effect that bothers you or that does not go away.

These are not all the possible side effects of **VALZAAR**. For a complete list, ask your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website portal.bpfk.gov.my (Consumers →Reporting).

Storage and Disposal of VALZAAR

- Storage

- Store below 30°C. Protect from moisture.
- Keep medicines out of reach of children.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These

measures will help to protect the environment.

Product Description

- What it looks like

VALZAAR-80 MG TABLETS

Brick red colored, oval shaped, biconvex, film coated tablets with break line on both sides.

VALZAAR-160 MG TABLETS

Yellow colored, oval shaped, biconvex, film coated tablets with break line on both sides.

- Ingredients

- Cellulose, Microcrystalline
- Croscarmellose Sodium
- Dibasic Calcium Phosphate
- Anhydrous (calipharm A)
- Hypromellose (3 cps)
- Methanol
- Methylene Chloride
- Sodium Stearyl Fumarate
- Hypromellose 2910 (6 cps)

- Titanium dioxide
- Triacetin
- Lake of Indigo carmine

- MAL number(s):

MAL*****

Manufacturer

Torrent Pharmaceuticals Limited

Indrad 382 721, Tal: Kadi
City: Indrad, Dist. Mehsana,
India

Product Registration Holder

Laboratories Torrent (Malaysia) Sdn Bhd,

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Date of revision

11/02/2015