

ANGIRAM 5 (Ramipril Tablet 5mg)

ANGIRAM 10 (Ramipril Tablet 10mg)

Ramipril (5mg & 10mg)

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What is ANGIRAM used for

The active ingredient of ANGIRAM is Ramipril.

ANGIRAM is used for:

- To treat high blood pressure (hypertension)
- To treat your heart when it cannot pump enough blood to the rest of your body (congestive heart failure)
- As treatment following heart attack (myocardial infarction) complicated with heart failure
- To reduce risk of you having a heart attack or stroke
- For prevention of worsening of kidney problems in patients with persistent proteinuria (presence of excess protein in urine)

How ANGIRAM works

ANGIRAM contains a medicine called Ramipril. This belongs to a group of medicines called ACE inhibitors (Angiotensin Converting Enzyme inhibitors).

ANGIRAM works by:

- Decreasing your body's production of substances that could raise your blood pressure
- Making your blood vessels relax and widen
- Making it easier for your heart to pump blood around your body

Before you use ANGIRAM

-When you must not use it

- If you are allergic (hypersensitive) to Ramipril, any other ACE inhibitor medicine or any of the other ingredients of ANGIRAM. Signs of an allergic reaction may include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue
- If you have ever had a serious allergic reaction called 'angioedema'. The signs include itching, hives (urticaria), red marks on the hands, feet and throat, swelling of the throat and tongue, swelling around the eyes and lips, difficulty breathing and swallowing
- If you are having dialysis or any other type of blood filtration. Depending on the machine that is used, ANGIRAM may not be suitable for you
- If you have kidney problems where the blood supply to your kidneys is reduced (renal artery stenosis)

- During the last 6 months of pregnancy (2nd or 3rd trimester) (see section below on pregnancy and breast-feeding)
- If your blood pressure is abnormally low or unstable. Your doctor will need to make this assessment.

Do not take ANGIRAM if any of the above applies to you. If you are not sure, talk to your doctor before taking ANGIRAM.

-Before you start to use it

Check with your doctor or pharmacist before taking your medicine:

- If you have heart, liver or kidney problems
- If you are at particular risk of low blood pressure (hypotension)
- If you are going to have treatment to reduce your allergy to bee or wasp stings (desensitization)
- If you are going to have a surgery, you may need to stop your ANGIRAM treatment one day beforehand
- If you have high amounts of potassium in your blood (shown in blood test results)
- You must tell your doctor if you think that you are (or might become) pregnant. ANGIRAM is not recommended in the first 3 months of pregnancy and may cause serious harm to your baby after 3 months of pregnancy, see section pregnancy and breast-feeding
- Monitor kidney function before and during treatment

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Children:

ANGIRAM is not recommended for use in children and adolescents below 18 years of age.

-Taking other medications

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

Please tell your doctor if you are taking any of the following medicines. They can make ANGIRAM work less well:

- Medicines used to relieve pain and inflammation (e.g. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as ibuprofen or indomethacin)
- Diuretics (water tablets) such as furosemide
- Medicines which can increase the amount of potassium in your blood such as spironolactone, triamterene, amiloride, potassium salts and heparin (for thinning blood)
- Steroid medicines for inflammation such as prednisolone
- Allopurinol (used to lower the uric acid in your blood)
- Procainamide (for heart rhythm problems). Please tell your doctor if you are taking any of the following medicines. They may be affected by ANGIRAM:
- Medicines for diabetes and insulin. ANGIRAM may lower your blood sugar amounts. Check your blood sugar amounts closely with taking ANGIRAM

- Lithium (for mental health problems). ANGIRAM may increase the amount of lithium in your blood. Your lithium amount will need to be closely checked by your doctor

If any of the above apply to you (or you are not sure), talk to your doctor before taking ANGIRAM.

Taking ANGIRAM with food and alcohol:

Drinking alcohol with ANGIRAM may make you feel dizzy or light headed. If you are concerned about how much you can drink while you are taking ANGIRAM, discuss this with your doctor as medicines used to reduce blood pressure and alcohol can have additive effects.

ANGIRAM may be taken with or without food.

How to use ANGIRAM

-How much to use

Always take ANGIRAM exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

Treatment for high blood pressure: The usual starting dose is 2.5mg once daily. Your doctor will adjust the amount you take until your blood pressure is controlled. The maximum dose is 10mg once daily.

If you are already taking diuretics (water tablets), your doctor may stop or reduce the amount of the diuretic you take before beginning treatment with ANGIRAM.

To reduce the risk of you having a heart attack or stroke: the usual starting dose is 2.5mg once daily. Your doctor may then decide to increase the amount you take. The usual dose is 10mg once daily.

Treatment to reduce or delay the worsening of kidney problems: the usual starting dose is 1.25mg once daily. Your doctor will adjust the amount you are taking.

Treatment of heart failure: The usual starting dose is 1.25mg once daily. Your doctor will adjust your dose. The maximum dose is 10mg daily.

Treatment after you have had a heart attack: the usual starting dose is 2.5mg twice daily or 1.25mg twice daily depending on your situation. Your doctor will adjust the amount you take. The maximum dose is 10mg daily.

Elderly: The recommended starting dose is 1.25mg once daily, which can then be increased according to the individual patient's blood pressure response.

-When to use it

Take this medicine by mouth at the same time of the day each day. Swallow the tablets whole with liquid. Do not crush or chew the tablets.

-How long to use it

Therapy with ANGIRAM is usually long-term therapy, the doctor determines the duration of treatment individually for each patient. Do not stop taking ANGIRAM unless instructed by your doctor.

-If you forget to use it

If you miss a dose, take your normal dose when it is next due. Do not take a double dose to make up for a forgotten tablet.

-If you use too much (overdose)

Tell a doctor or go to the nearest hospital casualty department straight away. Do not drive to the hospital, get somebody else to take you or call

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for an ambulance. Take the medicine pack with you. This is to the doctor knows what you have taken. If you have any further questions on the use of this product, ask your doctor or pharmacist.

While you are using it

-Things you must do

Take ANGIRAM according to your doctor's instructions. Tell your doctor or pharmacist if any side effect become serious, or if you notice any side effects not listed in this leaflet.

-Things you must not do

Do not stop taking ANGIRAM unless advised by your doctor.

-Things to be careful of

Pregnancy and breastfeeding:

Tell your doctor if you think you are (or might become) pregnant. ANGIRAM is not recommended during the first trimester of pregnancy and contraindicated during the second and third trimesters of pregnancy (see section when you must not take it) as its use during pregnancy may possibly be harmful to the baby.

If you become pregnant while on ANGIRAM, tell your doctor immediately. A switch to a suitable alternative treatment should be carried out in advance of a planned pregnancy. You should not take ANGIRAM if you are breastfeeding. Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines:

You may feel dizzy while taking ANGIRAM. This is more likely to happen when you start taking ANGIRAM or start taking a higher

dose. If this happens, do not drive or use any machines.

Side effects

Like all medicines, ANGIRAM cause side effects, although not everybody gets them. Stop taking ANGIRAM and see a doctor straight away if you notice any of the following serious side effects. You may need urgent treatment:

- Swelling of the face, lips or throat which makes it difficult to swallow or breathe, as well as itching and rashes. This could be a sign of a severe allergic reaction to ANGIRAM
- Severe skin reactions including rash, ulcers in your mouth, worsening of a pre-existing skin disease, reddening, blistering or detachment of skin (such as Stevens-Johnson syndrome, toxic epidermal necrolysis or erythema multiform)

Very common to common side effects experienced while taking ANGIRAM include:

- Headache, dizziness, feeling tired
- Fainting, low blood pressure (hypotension) especially when you stand or sit up quickly
- Dry tickly cough, inflammation of your sinuses (sinusitis) or bronchitis, shortness of breath
- Stomach discomfort, diarrhoea, indigestion, nausea and vomiting
- Skin rash with or without raised area
- Chest pain
- Muscle cramps or pain
- Blood potassium increased

If you notice any other unusual side effects while taking ANGIRAM, please inform 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 visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of product name

-Storage

Keep out of the reach and sight of children. Store in a dry place below 30°C. Do not use ANGIRAM after the expiry date.

-Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measure will help to protect the environment.

Product Description

-What it looks like

ANGIRAM 5: Light pink coloured mottled, flat faced bevel edged round uncoated tablet debossed with "H" and "19" separated by score line on one side and plain on the other side.

ANGIRAM 10: White to off-white colored, flat faced bevel edged round uncoated tablet debossed with "H" and "20" separated by score line on one side and plain on other side.

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-Ingredients

- Active ingredient(s)
Ramipril
- Inactive ingredient(s)

ANGIRAM 5: Starch pregelatinized, Lactose monohydrate, Sodium hydrogen carbonate, Croscarmellose sodium, Ferric oxide red, Sodium stearyl fumarate

ANGIRAM 10: Starch pregelatinized, Lactose monohydrate, Sodium hydrogen carbonate, Croscarmellose sodium, Sodium stearyl fumarate

Manufacturer

Aurobindo Pharma Limited,
Unit - XV,
Plot No. 17 A, E. Bonangi (V),
Jawaharlal Nehru Pharma City,
Parawada (M), Anakapalli
District, Andhra Pradesh, India.

Product Registration Holder

Healol Pharmaceuticals Sdn. Bhd.
74-3, Jalan Wangsa Delima 6,
KLSC Wangsa Maju,
53300 Kuala Lumpur, Malaysia

Date of revision

-26/03/2025

-MAL number

ANGIRAM 5 (Ramipril

Tablets 5 mg):

MAL17055005AZ

ANGIRAM 10 (Ramipril

Tablets 10 mg):

MAL17055006AZ

Serial Number

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