

Idaman Pharma Enalapril Tablet 5mg

Enalapril Maleate (5mg)

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What Idaman Pharma Enalapril Tablet is used for

Idaman Pharma Enalapril Tablet is used:

- To treat your hypertension (high blood pressure) or heart failure (weakening of heart function).
- To slow the worsening of heart failure
- To prevent symptomatic heart failure.
- To prevent the weakening of heart function and to slow the development of symptoms (for instance, shortness of breath, tiredness after light physical activity such as walking or swelling of the ankles and feet).
- To reduce risk of heart attack.

How Idaman Pharma Enalapril Tablet works

Idaman Pharma Enalapril Tablet works by widening your blood vessels to make it easier for the heart to pump blood to all parts of your body. This helps to reduce high blood pressure. In many patients with heart failure, Idaman Pharma Enalapril Tablet will help the heart to function better.

Before you use Idaman Pharma Enalapril Tablet

-When you must not take it

Do not take Idaman Pharma Enalapril Tablet if you:

- are allergic to any of its ingredients.

- Have previously been treated with a medication in the same group of drugs (ACE Inhibitors) and have had an allergic reaction with swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing. You should not take Idaman Pharma Enalapril Tablet if you have had these types of reactions without a known cause or if you have been diagnosed with hereditary or idiopathic angioedema.

- have diabetes and are taking a medicine called aliskiren to reduce blood pressure.

- Are taking a medicine containing neprilysin inhibitor (e.g., sacubitril). Do not take Idaman Pharma Enalapril Tablet for at least 36 hours before or after you take sacubitril/valsartan, a medicine containing a neprilysin inhibitor.

If you are not sure whether you should start taking Idaman Pharma Enalapril Tablet, contact your doctor.

Use in Pregnancy

- The use of Idaman Pharma Enalapril Tablet is not recommended in pregnant women.
- It is not known whether the use of Idaman Pharma Enalapril Tablet in the first three months of pregnancy only can also cause harmful effects. In a published study, it was reported that babies whose mothers had taken an ACE inhibitor medicine during the first three months of pregnancy had an increased risk of birth defects. The number of birth defects was small and the study has not been repeated
- Angiotensin-converting enzyme inhibitors (ACE inhibitors), including Idaman Pharma Enalapril Tablet, can cause injury and death to the developing baby when taken during the second and third trimesters of pregnancy.
- If you are pregnant or intend to become pregnant, you must tell your doctor before starting

therapy with Idaman Pharma Enalapril Tablet so that another treatment may be considered.

Use in Breast-feeding

Idaman Pharma Enalapril Tablet is secreted in human milk in very small amounts. If you are breast-feeding or intend to breast-feed, consult your doctor.

Use in Children

Idaman Pharma Enalapril Tablet has been studied in children. For more information, talk to your doctor.

-Before you start to take it

- Tell your doctor about any medical problems you have or have had, and about any allergies.
- Tell your doctor if you have a heart condition, are undergoing dialysis or are being treated with diuretics (water tablets) or if you have recently suffered from excessive vomiting or diarrhea. Also tell your doctor if you are on a salt-restricted diet, are taking potassium supplements, potassium-sparing agents, potassium-containing salt substitutes or other drugs that may increase serum potassium (e.g., trimethoprim-containing products), have diabetes or any kidney problems, as these may lead to increased levels of potassium in the blood which can be serious. In these cases, your doctor may need to adjust the dosage of Idaman Pharma Enalapril Tablet or monitor your blood level of potassium. If you have diabetes and are taking oral antidiabetic medicines or insulin, you should closely monitor for low blood glucose levels, especially during the first month of treatment with Idaman Pharma Enalapril Tablet.
- Tell your doctor if you have ever had an allergic reaction with swelling of the face, lips, tongue, and/or throat with difficulty in swallowing or breathing.
- Tell your doctor if you suffer from low blood pressure (you may notice this as faintness or dizziness, especially when standing).
- Before surgery and anesthesia

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(even at the dentist's office), tell the doctor or dentist that you are taking Idaman Pharma Enalapril Tablet as there may be a sudden fall in blood pressure associated with anesthesia.

- Tell your doctor if you are taking a medicine containing a neprilysin inhibitor (e.g., sacubitril).

-Taking other medicines

- In general, Idaman Pharma Enalapril Tablet can be taken with other medicine. However, it is important to tell your doctor about other medicine that you are taking, including those obtained without a prescription, as some medicine may affect each other's action.
- For prescribing the correct dose of Idaman Pharma Enalapril Tablet, it is especially important for your doctor to know whether you are taking other drugs to reduce blood pressure, diuretics (water tablets), medicine containing potassium (including dietary salt substitutes) or other drugs that may increase serum potassium (e.g., trimethoprim-containing products), medicine for diabetes (including oral antidiabetic medicines and insulin), lithium (a medicine used to treat a certain kind of depression) or certain pain and arthritis medicines including gold therapy.
- Talk to your doctor if you are taking an mTOR inhibitor (e.g., temsirolimus, sirolimus, everolimus) or a medicine containing a neprilysin inhibitor (e.g., sacubitril) as coadministration with Idaman Pharma Enalapril Tablet could increase the risk for an allergic reaction called angioedema.

How to use Idaman Pharma Enalapril Tablet

-How much to use

Your doctor will decide on the appropriate dose of Idaman Pharma Enalapril Tablet, depending on your condition and whether you are taking other medicines.

High Blood Pressure

For most patients, the usual recommended starting dose is 10 to 20 mg taken once a day. Some patients may need a lower starting dose. The usual long term dose is 20 mg taken once a day.

Heart Failure

- The usual recommended starting dose is 2.5 mg taken once a day. Your doctor will increase this amount step by step until the dose that is right for you has been achieved. The usual long term dose is 20 mg per day taken in one or two doses.
- Be especially careful when you take your first dose or if your dose is increased. Let your doctor know immediately if you feel any lightheadedness or dizziness.

-When to use it

Idaman Pharma Enalapril Tablet may be taken with or between meals. Most people take Idaman Pharma Enalapril Tablet with a drink of water.

-How long to use it

Take Idaman Pharma Enalapril Tablet every day, exactly as your doctor has instructed. It is very important to continue taking Idaman Pharma Enalapril Tablet for as long as your doctor prescribes it. Do not take more tablets than the prescribed dosage.

-If you forget to use it

You should take Idaman Pharma Enalapril Tablet as prescribed. However, if you miss a dose, do not take an extra dose. Just resume your usual schedule.

-If you take too much (overdose)

In case of an overdose, contact your doctor immediately so that medical attention may be given promptly. The most likely symptom would be a feeling of lightheadedness or dizziness due to a sudden or excessive drop in blood pressure.

While you are taking Idaman Pharma Enalapril Tablet

-Things you must do

- Take your medicine exactly as your doctor has told you.
- Tell all the doctors, dentists and pharmacists treating you that you are taking Idaman Pharma Enalapril Tablet.
- Tell your doctor immediately if you become pregnant while taking this medication.

-Things you must not do

- Do not stop taking the medicine unless advised by your doctor.
- Do not give Idaman Pharma Enalapril Tablet to anyone else, even if they have the same symptoms or condition as you.

-Things to be careful of

Individual responses to medication may vary. Certain side effects that have been reported with Idaman Pharma Enalapril Tablet may affect some patients' ability to drive or operate machinery.

Side effects

- Any medicine may have unintended or undesirable effects, so-called side effects. Idaman Pharma Enalapril Tablet is generally well tolerated.
- The most frequent side effects are dizziness, headache, tiredness and weakness. Other side effects occurring less frequently are lightheadedness due to a drop in blood pressure, fainting, nausea, diarrhea, muscle cramps, rash and cough. Another side effect may be a feeling of dizziness or lightheadedness due to a drop in blood pressure when standing up quickly.
- Other side effects may also occur rarely, and some of them may be serious. Ask your doctor or pharmacist for more information about side effects. Both have a more complete list of side effects.

Tell your doctor or pharmacist promptly about any of these or any other unusual symptoms.

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- Stop taking Idaman Pharma Enalapril Tablet and contact your doctor immediately in any of the following cases:
 - if you develop swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing
 - if you experience swelling of the hands, feet or ankles
 - if you develop hives
- You should be aware that black patients are at increased risk of these types of reactions to ACE inhibitors.
- The initial dose may cause a greater fall in blood pressure than will occur following continued treatment. You may notice this as faintness or dizziness and it may help by lying down. If concerned, please consult your doctor.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npdra.moh.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Idaman Pharma Enalapril Tablets

-Storage

Keep all medicines out of the sight and reach of children. Do not use Idaman Pharma Enalapril Tablet after the expiry date stamped on the carton and the blister strip. Store below 30°.

-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

Idaman Pharma Enalapril Tablet 5 mg

Barrel shaped white tablet, with score on one side and plain on the other side.

-Ingredients

Active ingredients:

Enalapril Maleate 5 mg

Inactive ingredients:

Lactose Monohydrate, Maize Starch, Starch 1500, Maleic Acid, Povidone K30, Magnesium Stearate, Purified Water.

-MAL number

Idaman Pharma Enalapril Tablet 5 mg

MAL23116014AZ

Manufacturer

Idaman Pharma Manufacturing Berhad (200401023395), Lot 24 & 25, Jalan Perusahaan Lapan, Bakar Arang Industrial Estate, 08000 Sungai Petani, Kedah Darul Aman, Malaysia.

Product Registration Holder

InspiraPharma Sdn. Bhd. (200401023395), Lot 24 & 25, Jalan 8, Kawasan Perusahaan Bakar Arang, 08000 Sungai Petani, Kedah Darul Aman, Malaysia.

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