

Teldis Tablet 80 mg

Telmisartan 80mg

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What Teldis is used for

Teldis is used to treat essential hypertension (high blood pressure). 'Essential' means that the high blood pressure is not caused by any other condition.

High blood pressure, if not treated, can damage blood vessels in several organs, which could lead sometimes to heart attack, heart or kidney failure, stroke, or blindness. There are usually no symptoms of high blood pressure before damage occurs. Thus it is important to regularly measure blood pressure to verify if it is within the normal range.

Teldis is also used to reduce cardiovascular events (i.e. heart attack or stroke) in patients who are at risk because they have a reduced or blocked blood supply to the heart or legs, or have had a stroke or have high risk diabetes. Your doctor can tell you if you are at high risk for such events.

How Teldis works

Teldis belongs to a class of medicines known as angiotensin II receptor antagonists. Angiotensin II is a substance produced in your body which causes your blood vessels to narrow, thus increasing your blood pressure. Teldis blocks the effect of angiotensin II so that the blood vessels relax, and your blood pressure is lowered.

Before you use Teldis

- When you must not use it

Do not take Teldis

- if you are allergic (hypersensitive) to telmisartan or any other ingredients included in Teldis tablets (see

section Product Description for a list of other ingredients).

- if you are more than 3 months pregnant. (It is also better to avoid Teldis in early pregnancy – see pregnancy section.)
- if you have severe liver problems such as cholestasis or biliary obstruction (problems with drainage of the bile from the liver and gall bladder) or any other severe liver disease.

If any of the above applies to you, tell your doctor or pharmacist before taking Teldis.

- Pregnancy

You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking Teldis before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Teldis. Teldis is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

- Breast-feeding

Tell your doctor if you are breast-feeding or about to start breast-feeding. Teldis is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

- Before you start to use it

Please tell your doctor if you are suffering or have ever suffered from any of the following conditions or illnesses:

- Kidney disease or kidney transplant.
- Renal artery stenosis (narrowing of the blood vessels to one or both kidneys).
- Liver disease.
- Heart trouble.
- Raised aldosterone levels (water and salt retention in the body along with imbalance of various blood minerals).
- Low blood pressure (hypotension), likely to occur if you are dehydrated

(excessive loss of body water) or have salt deficiency due to diuretic therapy ('water tablets'), low-salt diet, diarrhoea, or vomiting.

- Elevated potassium levels in your blood.
- Diabetes.

As with all other angiotensin antagonists, Teldis may be less effective in lowering the blood pressure in black patients.

- 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. Your doctor may need to change the dose of these other medicines or take other precautions. In some cases you may have to stop taking one of the medicines. This applies especially to the medicines listed below taken at the same time with Teldis:

- Lithium containing medicines to treat some types of depression.
- Medicines that may increase blood potassium levels such as salt substitutes containing potassium, potassium-sparing diuretics (certain 'water tablets'), ACE inhibitors, angiotensin II receptor antagonists, NSAIDs (non steroidal anti-inflammatory medicines, e.g. aspirin or ibuprofen), heparin, immunosuppressives (e.g. cyclosporin or tacrolimus), and the antibiotic trimethoprim.
- Diuretics ('water tablets'), especially if taken in high doses together with Teldis may lead to excessive loss of body water and low blood pressure (hypotension).
- As with other blood pressure lowering medicines, the effect of Teldis may be reduced when you take NSAIDs (non steroidal anti-inflammatory medicines, e.g. aspirin or ibuprofen) or corticosteroids.
- Teldis may increase the blood pressure lowering effect of other medicines used to treat high blood pressure.

How to use Teldis

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

- When to use it

The usual dose of Teldis is one tablet a day. Try to take the tablet at the same time each day. You can take Teldis with or without food. The tablets should be swallowed with some water or other non-alcoholic drink. It is important that you take Teldis every day until your doctor tells you otherwise. If you have the impression that the effect of Teldis is too strong or too weak, talk to your doctor or pharmacist.

For treatment of high blood pressure, the usual dose of Teldis for most patients is one 40 mg tablet once a day to control blood pressure over the 24 hour period. However, sometimes your doctor may recommend a lower dose of 20 mg or a higher dose of 80 mg. Alternatively, Teldis may be used in combination with diuretics ('water tablets') such as hydrochlorothiazide which has been shown to have an additive blood pressure lowering effect with Teldis.

For reduction of cardiovascular events, the usual dose of Teldis is one 80 mg tablet once a day. At the beginning of the preventive therapy with Teldis 80 mg, blood pressure should be frequently monitored. If your liver is not working properly, the usual dose should not exceed 40 mg once daily.

- How long to use it

Continue taking Teldis for as long as your doctor recommends.

- If you forget to use it

If you forget to take a dose, do not worry. Take it as soon as you remember then carry on as before. If you do not take your tablet on one day, take your normal dose on the next day. Do not take a double dose to make up for forgotten individual doses.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

- If you use too much (overdose)

If you accidentally take too many tablets, contact your doctor, pharmacist, or your nearest hospital emergency department immediately

While you are using it

- Things you must do

You must tell your doctor if you think you are (or might become) pregnant. Teldis is not recommended in early pregnancy, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if used at that stage (see pregnancy section).

In case of surgery or anaesthesia, you should tell your doctor that you are taking Teldis.

- Things you must not do

The use of Teldis in children and adolescents up to the age of 18 years is not recommended.

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor.

Do not give Teldis to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Driving and using machines

No information is available on the effect of Teldis on the ability to drive or operate machinery. Some people feel dizzy or tired when they are treated for high blood pressure. If you feel dizzy or tired, do not drive or operate machinery

Side effects

Common side effects may include:

Low blood pressure (hypotension) in users treated for reduction of cardiovascular events.

Uncommon side effects may include: Urinary tract infections, upper respiratory tract infections (e.g. sore throat, inflamed sinuses, common cold),

deficiency in red blood cells (anaemia), high potassium levels, difficulty falling asleep, feeling sad (depression), fainting (syncope), feeling of spinning (vertigo), slow heart rate (bradycardia), low blood pressure (hypotension) in users treated for high blood pressure, dizziness on standing up (orthostatic hypotension), shortness of breath, abdominal pain, diarrhoea, discomfort in the abdomen, bloating, vomiting, itching, increased sweating, drug rash, back pain, muscle cramps, muscle pain (myalgia), kidney impairment including acute kidney failure, pain in the chest, feeling of weakness, and increased level of creatinine in the blood.

Rare side effects may include:

Sepsis* (often called "blood poisoning", is a severe infection with whole-body inflammatory response which can lead to death), increase in certain white blood cells (eosinophilia), low platelet count (thrombocytopenia), severe allergic reaction (anaphylactic reaction), allergic reaction (e.g. rash, itching, difficulty breathing, wheezing, swelling of the face or low blood pressure), low blood sugar levels (in diabetic patients), feeling anxious, impaired vision, fast heart beat (tachycardia), dry mouth, upset stomach, abnormal liver function**, rapid swelling of the skin and mucosa which can also lead to death (angioedema also with fatal outcome), eczema (a skin disorder), redness of skin, hives (urticaria), severe drug rash, joint pain (arthralgia), pain in extremity, tendon pain, flu-like-illness, decreased haemoglobin (a blood protein), increased levels of uric acid, increased hepatic enzymes or creatine phosphokinase in the blood.

*In a long-term study involving more than 20,000 patients, more patients treated with telmisartan experienced sepsis compared with patients who received no telmisartan. The event may have happened by chance or could be related to a mechanism currently not known.

** Most cases of abnormal liver function and liver disorder from post-marketing experience with telmisartan occurred in Japanese patients. Japanese patients are more likely to experience this side effect.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

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NPRA (R2) 25/065

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 Teldis

- Storage

Store at or below 30°C

- 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

It occurs as a white tablet of oval, biconvex shaped; engraved with “879” on one side and “SCP” on the other side.

- Ingredients

- Active ingredient

Telmisartan

- Inactive ingredients

Sodium hydroxide

Polyvinylpyrrolidone K30

Meglumine

Mannitol EZ

Magnesium Stearate

Purified water

- MAL number:

Manufacturer

STANDARD CHEM. & PHARM. CO., LTD.

No. 6-20, Tuku, Tuku Village, Sinying District, Tainan City 73055, Taiwan

Product Registration Holder

Medispec (M) Sdn Bhd

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