

VERAHEXAL® 120 SR TABLET

Verapamil Hydrochloride (120mg)

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What *Verahexal* is used for

Verahexal contains the active ingredient Verapamil hydrochloride.

Verahexal is used to treat high blood pressure (hypertension) and to manage and prevent angina (chest pain). It is also used to treat and prevent certain types of abnormal heart beats.

How *Verahexal* works

Verahexal belongs to the group of medicines called calcium channel blockers. Calcium channel blockers change the amount of calcium getting into the muscle's cells in your heart and blood vessels. This can change the strength and speed which your heart beats. It also opens up the blood vessels so blood can be pumped around the body more easily. This helps more oxygen to get to your heart muscle and can lower your blood pressure.

The 'SR' denotes sustained-release.

Sustained-release tablet formulation of *Verahexal* means that the tablets are designed to work over a 24-hour period.

Before you use *Verahexal*

- When you must not use it

Do not take *Verahexal* if you:

- Have ever had allergic reaction to verapamil hydrochloride, the active ingredient, or to any other ingredients in *Verahexal*
- Are pregnant, think you are pregnant or planning to become pregnant or are breastfeeding
- Have very low blood pressure

- Have ever had any form of heart problems before, such as heart failure, or heart condition known as Wolff-Parkinson White syndrome (rapid heart rate sometimes associated with dizziness or faintness)
- Have problems with the impulses and rhythms of the heart (second- or third-degree atrioventricular block or sick sinus syndrome)
- Have kidney problems
- Have liver problems

If you are not sure whether you should start taking this medicine, consult your doctor.

- Before you start to use it

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

Tell your doctor if you:

- Think you are (or might become) pregnant
- Have a history of swelling of the face, lips, tongue, throat, hands or feet.
- Have any heart problems
- Suffer from any kidney problems
- Suffer from any liver problems

- Taking other medicines

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

Some medicines and *Verahexal* may interfere with each other. It is important to tell your doctor or pharmacist if you are taking:

- Any other medicines to treat high blood pressure, particularly beta-blockers (atenolol, propranolol, metoprolol) and alpha-blockers (prazosin, terazosin),
- Diuretics (water tablet),
- Medicines from Statins group for lowering cholesterol level (lovastatin, simvastatin),
- Medicines for irregular heart beat (arrhythmia) such as digoxin, quinidine, disopyramide, flecainide and amiodarone,
- Theophylline, used to treat asthma,
- Carbamazepine, used to treat convulsion,
- Rifampicin, an antibiotic

Your doctor or pharmacist will have more information on the medicines you should avoid.

- Pregnancy and lactation

Tell your doctor if you are pregnant; think you are pregnant or planning to become pregnant. *Verahexal* is not recommended during pregnancy.

Tell your doctor if you are breast feeding or about to start breast feeding. *Verahexal* is not recommended for mothers who are breastfeeding. Your doctor may choose another treatment for you if you wish to breastfeed.

How to use *Verahexal*

Always take *Verahexal* exactly according to the instructions given to you by your doctor or pharmacists. If you are unsure, check with your doctor or pharmacist.

- How much to use

The dose given by your doctor may differ from this leaflet.

The usual starting dose is 1 tablet to be taken in the morning daily. Depending on your response, your doctor may increase your dose after 1 week to up to 1 tablet twice daily.

- When to use it

Take *Verahexal* at the same time every day to ensure good control on your blood pressure.

Verahexal can be taken with or without food. Swallow the tablet with a glass of water. Do not cut, crush or chew the tablet.

- How long to use it

Continue to take your medicines as long as your doctor tells you. This medicine helps to control your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

- If you forget to take it

Take your dose as soon as you remember and continue to take it as you would normally. Do not take a double dose to make up for the dose you missed.

- If you use too much (overdose)

If you or anyone else takes too many tablets, you should immediately go to your nearest hospital emergency department or tell your

doctor. Do this even if there are no signs of discomfort or poisoning. Take the carton or any remaining tablets you have with you.

Symptoms of an overdose may include low pulse rate, slow heart beat and low blood pressure.

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

- Always take *Verahexal* exactly according to the instructions given to you by your doctor or pharmacists. If you are unsure, check with your doctor or pharmacist.
- Inform your doctor or pharmacist if you are taking or if you have recently taken any other medicines, including medicines obtained without a prescription such as supplements or traditional medicines.
- Tell your doctor or pharmacist immediately if you notice any side effects, or if the side effects get serious or anything else that make you feel unwell.
- If you become pregnant, or plan on becoming pregnant while taking *Verahexal*, tell your doctor immediately.
- If you are about to be started on a new medicine, remind your doctor and pharmacist that you are taking *Verahexal*

- Things you must not do

- Do not stop taking your medicines without consulting your doctor. It is important to keep taking your medicine even if you feel well.
- Do not use *Verahexal* after the expiry date which is stated on the carton and blister.
- Do not give this medication to anyone else, even if they have the same condition as you.

- Things to be careful of

Be careful when driving or operating machineries while you are taking *Verahexal*. *Verahexal* may cause drowsiness in some people especially during the first dose or after the dose is increased. If you experience dizziness or drowsiness, consult your doctor before attempting such activities. Drinking alcohol together with *Verahexal* may cause dizziness and drowsiness.

Side effects

All medicines can have side effects. *Verahexal* may cause unwanted side effects although not everybody gets them.

Side effect is uncommon if the recommended dose is given and with slow gradual increase of dose. The following side effects are reported at rates of 1% or more (1 in 100) and usually occur when the dose is increased:

- Constipation
- Dizziness
- Flushing
- Headache
- Nausea
- Low blood pressure
- Swelling from accumulation of fluid (oedema)
- Pulmonary oedema – Accumulation of fluid in the lung (shortness of breath, coughing, difficulty in breathing)
- Fatigue
- Difficulty in breathing
- Low heart rate
- Rashes

These effects usually go away or get less with time.

The following side effects are rarely reported and at rates of less than 1%.

- Chest pain
- Irregular heart beat
- Palpitation
- Diarrhoea
- Bruises
- Confusion
- Insomnia
- Rashes or redness of skin
- Itchiness
- Hair dropping
- Frequent urination

The following are rare and serious side effects. You may need urgent medical attention.

- Severe allergic reaction (rash, itching, swelling of hands, face, lips or tongue),
- Swelling of breast (males) or start to produce milk (males and females) – reversible upon stopping medication,
- Swelling or redness in gums

Tell your doctor or pharmacist immediately if you notice the side effects continues or getting serious or anything else that make you feel unwell.

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

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 *Verahexal*

Storage

Store in a cool, dry place below 30°C. Store in original package to protect from heat and moisture.

Do not store *Verahexal* or any other medicines in the bathroom, near a sink or leave it at the window sill or in the car.

Keep out of the reach and sight of children.

- Disposal

The expiry date of *Verahexal* is printed on the carton and blister. Do not use if after expiry date.

If your doctors tell you to stop taking *Verahexal* or the expiry date has passed, ask your pharmacist what to do with the remaining medicines.

Product Description

- What it looks like

Verahexal® 120 SR tablet is a round, beige color tablet with breakline on one side.

- Ingredients

- Active ingredient

Each *Verahexal*® 120 SR tablet contains 120mg verapamil hydrochloride.

- Inactive ingredients

Sodium alginate, microcrystalline cellulose, polyvidone, colloidal silica anhydrous, magnesium stearate, opadry white (methylhydroxypropyl cellulose, lactose, titanium dioxide, macrogol), ferric oxide (yellow).

- Packing

Verahexal comes in strip packs of 30, 50 and 100 SR tablets per box.

- MAL Number

MAL19985513AZ

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