

HOVID-TELMISARTAN TABLET

Telmisartan 40mg and 80mg

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What Telmisartan tablet is used for

Telmisartan tablet 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. Telmisartan tablet 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 Telmisartan tablet works

Telmisartan tablet 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.

Telmisartan tablet blocks the effect of angiotensin II so that the blood vessels relax, and thus the blood pressure is lowered.

Before you use Telmisartan tablet

- When you must not use it

Do not take this medicine if you:

- are allergic to telmisartan or any of the excipients.
- are more than 3 months pregnant. (It is better to avoid telmisartan during pregnancy altogether)
- are lactating as it is not known whether telmisartan is excreted in human milk
- have severe liver problems such as cholestasis or biliary obstruction (problems with the drainage of the bile from the liver and gall bladder) or any other severe liver disease.
- have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.
- are taking it with an ACE inhibitor

If you are not sure whether you should start taking this medicine, talk to your pharmacist or doctor.

- Before you start to use it

Tell your doctor/pharmacist if you:

- are pregnant or plan to become pregnant.
- are breast-feeding.
- have liver disease or problems with the drainage of bile from liver and gall bladder.
- have disease in which narrowing of blood vessels to one or both kidneys.
- have kidney disease or had kidney transplant.
- are water or sodium depleted due to diuretic therapy ("water tablet"), low-salt diet, diarrhea or vomiting.
- are on medications for high blood pressure such as ACE inhibitor, angiotensin II receptor blocker or aliskiren.
- have heart failure or kidney disease.

- are suffering or have suffered from raised aldosterone levels (water and salt retention in the body along with imbalance of various blood minerals).
- have heart problems
- are a diabetic patient
- are at risk of having elevated potassium levels in your blood

- Taking other medicines

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Your doctor may need to change the dose of these 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 Telmisartan tablet:

- Digoxin
- Medicines that may increase blood potassium levels such as spironolactone, eplerenone, triamterene and amiloride
- Lithium
- NSAIDs (non-steroidal anti-inflammatory medicines, e.g. aspirin or ibuprofen)
- Diuretics ("water tablets") such as furosemide, especially if taken in high doses together with telmisartan.
- ACE inhibitors, angiotensin II receptor antagonists or aliskiren

How to use Telmisartan tablet

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully.

The recommended dose of telmisartan is one tablet a day. Try to take the tablet at the same time each day. Swallow telmisartan tablet with some water or other non-alcoholic drink. It may be taken with or without food.

If your liver is not working properly, the usual dose should not exceed 40 mg once daily.

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Treatment of high blood pressure

For treatment of high blood pressure, the usual dose of Telmisartan tablet 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, Telmisartan tablet 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 Telmisartan.

Prevention of heart disease

The usual dose of telmisartan is one 80 mg tablet daily.

It is important to take telmisartan tablet every day until your doctor tells you otherwise. If you have the impression that the effect of telmisartan is too strong or too weak, talk to your doctor or pharmacist.

- When to use it

Use as directed by your doctor or pharmacist. Check with your doctor or pharmacist if you are not sure.

- How long to use it

You need to take telmisartan tablet every day.

Keep in touch with your doctor, and don't stop taking telmisartan tablet without your doctor's advice.

- If you forget to use it

If you forget to take a dose, 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 use too much (overdose)

Contact your doctor, pharmacist, or the nearest hospital emergency department for further advice.

While you are using Telmisartan tablet

- Things you must do

Tell your doctor:

- If you become pregnant while taking this medication.
- If you experience allergic reactions/ any of the unwanted side effects while taking the medicine.

Take your medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

- Things you must not do

Do not:

- stop taking the medicine unless advised by your doctor.
- take any new medicines without consulting your doctor.
- give Telmisartan tablet to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Driving and using machines

Some people feel dizzy or tired when taking telmisartan tablet. If you feel dizzy or tired, do not drive or operate machinery.

Side Effects

Like all medicines, telmisartan can cause side effects, although not everybody gets them.

Hypotension (low blood pressure) was reported as common in patients who are on Telmisartan tablet.

Uncommon side effect

- Urinary tract infection
- Pharyngitis (throat inflammation)
- Sinusitis (inflammation of sinuses)
- Anemia (low level of red blood cells)
- Elevated level of potassium in blood
- Insomnia, depression

- Syncope (temporary loss of consciousness caused by a fall in blood pressure)
- Vertigo (fainting)
- Bradycardia (slow heart beat)
- Orthostatic hypotension (low blood pressure happens when standing up from lying down or sitting)
- Dyspnoea (shortness of breath)
- Cough
- Abdominal pain
- Diarrhea
- Dyspepsia (indigestion), flatulence
- Vomiting
- Pruritus (itchiness)
- Hyperhidrosis (excessive sweating)
- Rash
- Back pain
- Muscle spasms, myalgia (muscle pain)
- Renal impairment
- Chest pain
- Asthenia (weakness)

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction monitoring by calling Tel: 03-78835490, or visiting the website <http://npra.moh.gov.my/> "(Consumers → Reporting)"

Storage and Disposal of Telmisartan Tablet

- Storage

Keep this medicine out of the sight and reach of children.

Store below 30°C. You should store your medicine in the original package in order to protect the tablets from moisture. Remove your Telmisartan tablet from the blister only directly prior to intake.

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- 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

hovid-Telmisartan Tablet 40 mg is white to off white, capsule shaped tablets debossed with “H” on one side and plain on the other side.

hovid-Telmisartan Tablet 80mg is white to off white, oval shaped tablets debossed with “D” on one side and plain on the other side.

- Ingredients

- *Active ingredients*

hovid-Telmisartan Tablet 40 mg contains 40 mg telmisartan.

hovid-Telmisartan Tablet 80 mg contains 80 mg telmisartan.

- *Inactive ingredients*

Meglumine
Sodium hydroxide
Povidone
Mannitol
Magnesium stearate.

- MAL Number (s)

MAL19056118ACZ (40mg)

MAL19056117ACZ (80mg)

Product Registration Holder

HOVID Bhd.
121, Jalan Tunku Abdul Rahman
(Jalan Kuala Kangsar),
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Date of revision

18/10/2019

Serial Number

NPRA(R2/1)191017/271

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