

HOVID-VALSARTAN TABLET

Valsartan (80mg, 160mg)

What is in this leaflet

1. What hovid-Valsartan Tablet is used for
2. How hovid-Valsartan Tablet works
3. Before you use hovid-Valsartan Tablet
4. How to use hovid-Valsartan Tablet
5. While you are using it
6. Side effects
7. Storage and Disposal of hovid-Valsartan Tablet
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

What hovid-Valsartan Tablet is used for

Valsartan is an angiotensin II receptor antagonist (angiotensin receptor blocker).

This medicine is used to:

- treat high blood pressure in adults
- treat adult heart failure patients where the heart muscle cannot pump blood strongly enough to supply all the blood needed throughout the body
- treat adult after a heart attack (myocardial infarction) to improve survival and reduce further heart problems

How hovid-Valsartan Tablet works

Angiotensin II is a natural substance in the body that causes blood vessels to tighten, thus causing your blood pressure to increase.

hovid-Valsartan works by blocking the effect of angiotensin II. As a result, blood vessels relax and blood pressure is lowered.

Before you use hovid-Valsartan Tablet

- When you must not use it

Do not take this medicine if:

- you are allergic to valsartan or to any of the excipients.
- you are pregnant, plan to get pregnant or breastfeeding.
- severe liver disease.
- you have high level of sugar in the blood and you are suffering from type 2 diabetes (also called non-insulin dependent diabetes

mellitus) while you are taking a blood pressure lowering medicine called aliskiren

- Before you start to use it

Tell your doctor if you have any of the following medical condition/health problems:

- liver disease.
- kidney disease or undergoing dialysis.
- other heart disease (other than heart attack and heart failure).
- taking diuretics (water pills).
- taking ACE inhibitors.
- taking ACE inhibitor together with beta blockers
- taking potassium supplements.
- pregnant, especially in the first 3 months.
- breastfeeding.
- diarrhoea / vomiting.

Tell your doctor if you have any other problems / concerns not stated above.

- Taking other medicines

Talk to your doctor or pharmacist if you are taking any other medicines in any form including any that you buy or obtained without a prescription.

Some medicines interfere with valsartan.

Including:

- ACE inhibitor which is used to treat high blood pressure and heart failure.
- beta-blocker which is used for heart failure and other heart conditions.
- diuretics which is used to encourage urination.
- non-steroidal anti-inflammatory medicines (NSAIDs) which are pain relievers.
- potassium supplements and salt substitutes which increase the amount of potassium in your blood

How to use hovid-Valsartan Tablet

- 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.

High blood pressure:

- The recommended dose of valsartan is 80 mg or 160 mg once daily. If the blood pressure is not adequately controlled, the daily dose may be increased to 320 mg.

Heart failure:

- The recommended starting dose of valsartan is 40 mg twice daily. May eventually be increased to 80 mg or 160 mg two times a day.

After a recent heart attack:

- The initial dose is usually 20mg two times a day. Your dose may be doubled up to 160mg two times a day by your doctor.

hovid-Valsartan Tablet can be given together with other treatment for high blood pressure, heart failure and following a heart attack.

Swallow the tablet(s) with a full glass of water.

- When to use it

This medicine can be taken with or without food and at the same time each day.

- How long to use it

Follow the direction label carefully and as instructed by your doctor or pharmacist.

- If you forget to use it

Do not take double dose to make up for a forgotten dose. If you forgot to take your dose, take it as soon as you remember and wait for about 4 hours before taking your next dose.

- If you use too much (overdose)

Immediately call your doctor or go to the emergency department at your nearest hospital if you or anyone else

has taken a large amount of this medication. Taking too much may

HOVID-VALSARTAN TABLET

Valsartan (80mg, 160mg)

lower your blood pressure significantly.
You may feel dizzy and/or faint.

While you are using it

- Things you must do

Take your medicine exactly as your doctor has told you.

Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

Do not take your medicine to treat any other complaints unless you are told by your doctor or pharmacist.

Do not stop taking the medicine or change the dosage on your own before asking your doctor.

- Things to be careful of

Valsartan may make you feel dizzy.

Do not drive or use machine if you feel dizzy.

Side effects

All medicines can cause unwanted side effects. These effects can be serious but most of the time, they are mild and temporary.

Tell your doctor immediately if you think you are experiencing any of the following possible unwanted side effects while taking the medicine.

Common side effects:

- dizziness
- low blood pressure with symptoms such as dizziness
- decreased kidney function (signs of renal impairment)

Uncommon side effects:

- allergic reaction with symptoms such as rash, itching, dizziness, swelling of face or lips or tongue or throat,

- difficulty breathing or swallowing (signs of angioedema)
- sudden loss of consciousness
- spinning sensation
- severely decreased kidney function (signs of acute renal failure)
- muscle spasms, abnormal heart rhythm (signs of hyperkalemia)
- breathlessness, difficulty breathing when lying down, swelling of the feet or legs (signs of cardiac failure)
- headache
- cough
- abdominal pain
- nausea
- diarrhea
- tiredness
- weakness

Rare side effects:

- fever, general ill feeling, hives, itching, joint pain, rash, swollen lymph nodes (symptoms of serum-sickness like syndrome)
- red / purple spots, fever, itching (vasculitis)
- unusual bleeding or bruising (thrombocytopenia).
- Fever, sore throat or mouth ulcers due to infections (symptoms of low numbers of white blood cells, neutropenia)
- Decreased levels of red blood cells and haemoglobin.
- Increased levels of liver enzymes and bilirubin in the blood.
- Increased levels of blood urea nitrogen and serum creatinine

If any of these affects you severely, tell your doctor.

If you notice any other side effects not mentioned in this leaflet, please tell your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the

National Centre for Adverse Drug Reaction Monitoring visiting the website npra.gov.my [Consumers→ Reporting

Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of hovid-Valsartan Tablet

- Storage

Keep out of reach of children.

Store 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

hovid-Valsartan Film-coated Tablet 80 mg:

Round, 8 mm in diameter, pale red film-coated tablet, with shallow convex faces; "HD" embossed and scored on the same face.

hovid-Valsartan Film-coated Tablet 160 mg:

Oblong, light orange film-coated tablet, shallow convex, bevel-edged, break bar on one face and 'HOVID' embossed on the other face.

- Ingredients

- Active ingredient(s)
Each

- **hovid-Valsartan Film-coated Tablet 80 mg** contains 80mg Valsartan
- **hovid-Valsartan Film-coated Tablet 160 mg** contains 160mg Valsartan

- Inactive ingredients
hovid-Valsartan Film-coated Tablet 80 mg:
Ferric oxide red
Ferric oxide yellow

HOVID-VALSARTAN TABLET

Valsartan (80mg, 160mg)

Lactose monohydrate &
microcrystalline cellulose mixture
(75:25)
Crospovidone
Colloidal silicon dioxide

Product Registration Holder
HOVID Berhad
121, Jalan Tunku Abdul Rahman,
30010 Ipoh, Malaysia.

Sodium lauryl sulfate/Sodium lauryl
sulphate
Talc
Magnesium aluminometasilicate
Titanium dioxide
Magnesium stearate
Propylene glycol
Hydroxypropyl methylcellulose E5
Hydroxypropyl methylcellulose E15
Purified water

Date of revision
27/08/2025

Serial Number
NPRA(R2/1)250815/1521

hovid-Valsartan Film-coated

Tablet 160 mg:

Titanium dioxide
Ferric oxide red
Ferric oxide yellow
Lactose monohydrate &
microcrystalline cellulose mixture
(75:25)
Crospovidone
Colloidal silicon dioxide
Sodium lauryl sulfate/Sodium lauryl
sulphate
Talc
Magnesium stearate
Magnesium aluminometasilicate
Propylene glycol
Talc
Hydroxypropyl methylcellulose E5
Hydroxypropyl methylcellulose E15
Purified water
Propylene glycol
Purified water

- MAL number(s):

hovid-Valsartan Film-coated Tablet

80 mg:

MAL16085027AZ

hovid-Valsartan Film-coated Tablet

160 mg:

MAL16085026AZ

Manufacturer

HOVID Berhad
Lot 56442, 7 ½ Miles,
Jalan Ipoh / Chemor,
31200 Chemor, Malaysia.