

# ATACAND<sup>®</sup> TABLET

Consumer Medication Information Leaflet  
(RiMUP)

Candesartan cilexetil (8 mg & 16 mg)

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## What Atacand is used for

Atacand is used for treating high blood pressure (hypertension) in adults. It is also taken for treating a heart condition known as heart failure in adults where the heart does not pump your blood around your body as well as it should.

## How Atacand works

Atacand is a type of medicine called an angiotensin II receptor antagonist, which by blocking the effects of the hormone angiotensin II causes the blood vessels to relax and widen. This results in a lowering of your blood pressure, and makes it easier for your heart to pump blood to all parts of your body.

## Before you use Atacand

Do not take Atacand if you are pregnant, think you might be pregnant or considering becoming pregnant. You must tell your doctor if you think you are (or might become) pregnant. Atacand may cause serious harm or even death to your baby if used during pregnancy (see heading on "Pregnancy").

### - When you must not use it

- If you are breast-feeding.
- If you are allergic to any of the ingredients in Atacand.

- If you have diabetes or impaired kidney function and you are treated with a blood pressure medicine containing aliskiren.

Important: You should not take Atacand if you have had problems in the past when taking medicines containing candesartan cilexetil.

### *Use in children*

The safety and efficacy of Atacand have not been established in children and adolescents (under 18 years).

### - Before you start to use it

Please talk to your doctor or pharmacist before taking this medicine:

- If you are taking other medicines to help lower your blood pressure, particularly:
  - diuretics;
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems; or
  - aliskiren.
- If you are taking an ACE-inhibitor together with a medicine which belongs to the class of medicines known as mineralocorticoid receptor antagonists (MRA). These medicines are for the treatment of heart failure (see "Taking other medicines").

- If you are taking any other medicines including those you have bought without a prescription.
- If you are taking lithium.
- If you are taking non-steroidal anti-inflammatory drugs (NSAIDs).
- If you are taking potassium supplements, salt substitutes containing potassium, potassium-sparing diuretics (water tablets) or other drugs which can increase potassium in your body.

- If you have any heart, liver or kidney problems.
- If you suffer from lactose intolerance.
- If you are vomiting or have diarrhoea.

Your doctor may check your kidney function, blood pressure and the amount of electrolytes (e.g. potassium) in your body at regular intervals.

See also information under the heading "When you must not use it".

### - Taking other medicines

Please inform your doctor or pharmacist if you are taking or have recently taken any other medicines, even those not prescribed.

Your doctor may need to change your dose and/or to take other precautions:

- If you are taking an ACE-inhibitor or aliskiren (see also information under the headings "When you must not use it" and "Before you start to use it").
- If you are treated with an ACE-inhibitor together with certain other medicines to treat your heart failure, which are known as mineralocorticoid receptor antagonists (MRA) (for example, spironolactone, eplerenone).

## How to use Atacand

### - How much to use

#### *For high blood pressure*

The usual adult dose is one 8 mg tablet each day. Your doctor may increase the dose to one 16 mg tablet or two 16 mg tablets (total dose of 32 mg) each day. It is best to take your tablet at the same time each day, e.g. in the morning. If you have severe kidney or severe liver problems, your doctor may prescribe a lower dose.

*For heart failure*

The usual starting dose is 4 mg taken every day. The dose is doubled at intervals of at least two weeks to the target dose of 32 mg or the highest dose tolerated.

- When to use it

It is important to keep taking Atacand every day and as your doctor has told you to. The instructions on the label should remind you of what the doctor has said.

- How long to use it

Take Atacand as directed by your healthcare provider. Do not stop taking your dose without talking to your healthcare provider.

- If you forget to use it

If you forget to take a dose, just carry on with the next dose as normal. Do not take an extra tablet to make up.

- If you use too much (overdose)

If you take more than the recommended number of tablets, contact a doctor or pharmacist (chemist) immediately (overdose).

**While you are using it**

- Things you must do

Try to take the tablets at the same time each day. It does not matter if you take Atacand before or after your food.

If you have the impression that the effect of Atacand is too strong or too weak, talk to your doctor or pharmacist.

- Things you must not do

Do not stop taking your dose without talking to your healthcare provider.

*Pregnancy*

You must not take Atacand if you are pregnant, might be pregnant, or

are considering becoming pregnant. You must tell your doctor if you think you are (or might become) pregnant. Your doctor will ask you to stop taking Atacand before you become pregnant or as soon as you know you are pregnant and may recommend another medicine instead of Atacand. Atacand may cause serious harm or even death to your baby if used during pregnancy.

*Breast-feeding*

Tell your doctor if you are breast-feeding or about to start breast-feeding. Atacand must not be used by mothers who are breast-feeding.

- Things to be careful of

*Taking Atacand with food and drink*

It does not matter whether you take your tablet with or without food.

*Anaesthesia and surgery*

If you are going to have an operation, tell your doctor or dentist that you are taking Atacand. Atacand, combined with some anaesthetics, may cause a drop in blood pressure.

*Driving and using machines*

The treatment of high blood pressure or heart failure may lead to dizziness or weariness in some patients. Make sure you are not affected in this way before driving or operating machines.

**Side effects**

Like all medicines, some people taking Atacand may occasionally experience unwanted effects which are usually mild and do not last for long. If you suffer from any of these effects, or if you get any other unusual or unexpected symptoms, talk to your doctor or pharmacist (chemist).

**Common side effects that may occur** (in 1% or more of patients, but less than 10%)

- Dizziness (especially in patients with heart failure).

- Worsening of your kidney function (especially in patients with existing kidney problems or heart failure) which can be detected by blood tests.

**Very rare side effects that may occur** (in less than 0.01% patients)

- Swelling of the face, lips, tongue and/or throat, rash, hives, itching, jaundice (yellow skin and/or eyes). If you develop swelling of the face, lips, tongue and/or throat or jaundice, contact your doctor immediately.
- Back pain.
- Cough.
- Changes to the functioning of your liver, including inflammation of the liver.

There may be changes to your red or white blood cells or other parts of your blood. Your doctor may occasionally take blood samples to check whether Atacand has had any effect on your blood. Sometimes these changes may show themselves as tiredness or a sore throat.

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

**Storage and disposal of Atacand**

- Storage

Do not take your tablets after the expiry date shown on the blister strip and carton.

- Keep your medicine in a safe place where children cannot reach it.
- Keep your medicine below 30°C.
- Remember to return any unused medicine to your pharmacist (chemist).

- 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.

**Serial Number**  
NPRA (R1/5) 13112024/205

**Product description**

- What it looks like

Atacand tablets come in two strengths, containing either 8 mg or 16 mg of candesartan cilexetil.

- 8 mg tablets are light pink, circular, biconvex tablets, with a score and marked A/CG on one side and 008 on the other
- 16 mg tablets are pink, circular, biconvex tablets, with a score and marked A/CH on one side and 016 on the other

Atacand 8 mg and 16 mg tablets come in blister packs containing 30 tablets in strips of 10 tablets.

- Ingredients

- Active ingredient(s)  
The active substance is candesartan cilexetil.

- Inactive ingredients  
The other ingredients are carmellose calcium, hydroxypropyl cellulose, iron oxide E172, lactose monohydrate, magnesium stearate, maize starch and macrogol.

- MAL number:

ATACAND TABLET 8MG  
MAL20001218ACRZ

ATACAND TABLET 16MG  
MAL20001219ACRZ

**Manufacturer**

Klocke Pharma-Service GmbH  
77767 Appenweier, Germany

**Product Registration Holder**

Zuellig Pharma Sdn Bhd,  
No. 15 Persiaran Pasak Bumi,  
Seksyen U8, Perindustrian Bukit  
Jelutong, 40150 Shah Alam,  
Selangor, Malaysia.

**Date of Revision**

05/2025