Package leaflet: Information for the user

Perindopril Tosilaat/Indapamide ratiopharm 5 mg/1,25 mg, filmomhulde tabletten

perindopril tosilate/indapamide

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What [product name] is and what it is used for

What is [Product name]?
[Product name] is a combination of two active ingredients, perindopril and indapamide. It is an anti-hypertensive and is used in the treatment of high blood pressure (hypertension) in adults.

What is [Product name] used for?
Perindopril belongs to a class of medicines called ACE inhibitors. These work by widening the blood vessels, which makes it easier for your heart to pump blood through them. Indapamide is a diuretic. Diuretics increase the amount of urine produced by the kidneys. However, indapamide is different from other diuretics, as it only causes a slight increase in the amount of urine produced. Each of the active ingredients reduces blood pressure and they work together to control your blood pressure.

2. What you need to know before you take [product name]

Do not take [Product name]
- if you are allergic to perindopril or any other ACE inhibitor, or to indapamide or any other sulphonamides or any of the other ingredients of this medicine (listed in section 6).
- if you have experienced symptoms such as wheezing, swelling of the face or tongue, intense itching or severe skin rashes with previous ACE inhibitor treatment or if you or a member of your family have had these symptoms in any other circumstances (a condition called angioedema),
- if you have severe liver disease or suffer from a condition called hepatic encephalopathy (degenerative disease of the brain),
- if you have a severe kidney disease where the blood supply to your kidneys is reduced (renal artery stenosis),
- if you are receiving dialysis, or any other type of blood filtration. Depending on the machine that is used, [Product name] may not be suitable for you.
- if you have low blood potassium,

- if you are suspected of having untreated decompensated heart failure (severe water retention, difficulty in breathing),
- if you are more than 3 months pregnant (It is also better to avoid [Product name] in early pregnancy - see section "Pregnancy, breast-feeding and fertility"),
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.
- if you have taken or are currently taking sacubitril/valsartan, a medicine for heart failure, as the risk of angioedema (rapid swelling under the skin in an area such as the throat) is increased (see "Warnings and precautions" and "Other medicines and [Product name]").

Warnings and precautions
Talk to your doctor or pharmacist before taking [Product name]:
- if you are taking any of the following medicines, the risk of angioedema may be increased:
    - racecadotril, a medicine used to treat diarrhoea;
    - medicines used to prevent organ transplant rejection and for cancer (e.g., temsirolimus, sirolimus, everolimus and other drugs belonging to the class of so-called mTor inhibitors);
    - linagliptin, saxagliptin, sitagliptin, vildagliptin, and other drugs belonging to the class of the also called gliptins (used to treat diabetes);
    - sacubitril (available as fixed-dose combination with valsartan), used to treat long-term heart failure.
- if you have aortic stenosis (narrowing of the main blood vessel leading from the heart) or hypertrophic cardiomyopathy (cardiac muscle disease) or renal artery stenosis (narrowing of the artery supplying the kidney with blood),
- if you have heart failure or any other heart problems,
- if you have problems with your kidneys, or you are receiving dialysis,
- if you have muscle disorders including muscle pain, tenderness, weakness or cramps,
- if you have abnormally increased levels of a hormone called aldosterone in your blood (primary aldosteronism),
- if you have liver problems,
- if you suffer from a collagen disease (skin disease) such as systemic lupus erythematosus or scleroderma,
- if you have atherosclerosis (hardening of the arteries),
- if you suffer from hyperparathyroidism (overactive parathyroid gland),
- if you suffer from gout,
- if you have diabetes,
- if you are on a salt restricted diet or use salt substitutes which contain potassium,
- if you take lithium or potassium-sparing diuretics (spironolactone, triamterene) or potassium supplements as their use with [Product name] should be avoided (see section "Other medicines and [Product name]"),
- if you are elderly,
- if you have had photosensitivity reactions,
- if you have a severe allergic reaction with swelling of the face, lips, mouth , tongue or throat which may cause difficulty in swallowing or breathing (angioedema). This may occur at any time during treatment. If you develop such symptoms, you should stop taking the treatment and see a doctor immediately.
- if you are taking any of the following medicines used to treat high blood pressure:
    - an angiotensin II receptor blocker (ARBs) (also known as sartans - for example valsartan, telmisartan, irbesartan), in particular if you have diabetes-related kidney problems.
    - aliskiren.
- if you experience a decrease in vision or eye pain. These could be symptoms of fluid accumulation in the vascular layer of the eye (choroidal effusion) or an increase of pressure in your eye and can happen within hours to weeks of taking [Product name]. This can lead to permanent vision loss, if not treated. If you earlier have had a penicillin or sulfonamide allergy, you can be at higher risk of developing this.

Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals.
See also information under the heading "Do not take [Product name]".

- if you are of black origin since you may have a higher risk of angioedema and this medicine may be less effective in lowering your blood pressure than in non-black patients,
- if you are a haemodialysis patient dialysed with high-flux membranes.

Angioedema
Angioedema (a severe allergic reaction with swelling of the face, lips, tongue or throat with difficulty in swallowing or breathing) has been reported in patients treated with ACE inhibitors, including [Product name]. This may occur at any time during treatment. If you develop such symptoms, you should stop taking [Product name] and see a doctor immediately. See also section 4.

You must tell your doctor if you think that you are (or might become) pregnant. [Product name] 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 section "Pregnancy, breast-feeding and fertility").

When you are taking [Product name], you should also inform your doctor or the medical staff:
- if you are to undergo anaesthesia and/or surgery,
- if you have recently suffered from diarrhoea or vomiting, or are dehydrated,
- if you are to undergo dialysis or LDL apheresis (which is removal of cholesterol from your blood by a machine),
- if you are going to have desensitisation treatment to reduce the effects of an allergy to bee or wasp stings,
- if you are to undergo a medical test that requires injection of an iodinated contrast agent (a substance that makes organs like kidney or stomach visible on an X-ray)
- if you have changes in your vision or pain in one or both of your eyes while taking [Product name]. This could be a sign that you are developing glaucoma, increased pressure in your eye(s). You should discontinue [Product name] treatment and seek medical attention.

Athletes should be aware that [Product name] contains an active ingredient (indapamide) which may give a positive reaction in drug tests.

Children and adolescents
[Product name] should not be given to children and adolescents.

Other medicines and [Product name]
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

You should avoid [Product name] with:
- lithium (used to treat mania or depression),
- aliskiren (medicine used to treat hypertension) if you have no diabetes mellitus or kidney problems,
- potassium supplements (including salt substitutes), potassium-sparing diuretics and other medicines that can increase the amount of potassium in your blood (e.g. trimethoprim and co-trimoxazole for infections caused by bacteria; ciclosporin, an immunosuppressant medicine used to prevent organ transplant rejection; and heparin, a medicine used to thin blood to prevent clots),
- estramustine (used in cancer therapy),
- other medicines used to treat high blood pressure: angiotensin-converting-enzyme inhibitors and angiotensin receptor blockers.

Treatment with [Product name] can be affected by other medicines. Your doctor may need to change your dose and/or to take other precautions. These include:
- other medicines for treating high blood pressure,
- your doctor may need to change your dose and/or to take other precautions: If you are taking an angiotensin II receptor blocker (ARB) or aliskiren (see also information under the headings "Do not take [Product name]" and "Warnings and precautions") or diuretics (medicines which increase the amount of urine produced by the kidneys),
- potassium-sparing drugs used in the treatment of heart failure: eplerenone and spironolactone at doses between 12.5 mg to 50 mg per day,

- medicines, which are most often used to treat diarrhea (racecadotril) or avoid rejection of transplanted organs (sirolimus, everolimus, temsirolimus and other medicines belonging to the class of mTor inhibitors). See section “Warnings and precautions”.
- sacubitril/valsartan (used to treat long-term heart failure). See sections “Do not take [Product name]” and “Warnings and precautions”.
- anaesthetic medicines,
- iodinated contrast agent,
- moxifloxacin, sparfloxacin (antibiotic: medicine used to treat infection),
- methadone (used to treat addiction),
- procainamide (for the treatment of an irregular heart beat),
- allopurinol (for the treatment of gout),
- mizolastine, terfenadine or astemizole (antihistamines for hay fever or allergies),
- corticosteroids used to treat various conditions including severe asthma and rheumatoid arthritis,
- immunosuppressants used for the treatment of auto-immune disorders or following transplant surgery to prevent rejection (e.g. ciclosporin, tacrolimus),
- medicines for the treatment of cancer,
- erythromycin by injection (an antibiotic),
- halofantrine (used to treat certain types of malaria),
- pentamidine (used to treat pneumonia),
- injectable gold (used to treat rheumatoid polyarthritis),
- vincamine (used to treat symptomatic cognitive disorders in elderly including memory loss),
- bepridil (used to treat angina pectoris),
- medicines used for heart rhythm problems (e.g. quinidine, hydroquinidine, disopyramide, amiodarone, sotalol, ibutilide, dofetilide, digitalis, bretylium),
- digoxin or other cardiac glycosides (for the treatment of heart problems),
- cisapride, diphemanil (used to treat gastric and digestive problems),
- baclofen (to treat muscle stiffness occurring in diseases such as multiple sclerosis),
- medicines to treat diabetes such as insulin, metformin or gliptins,
- calcium including calcium supplements,
- stimulant laxatives (e.g. senna),
- non-steroidal anti-inflammatory drugs (e.g. ibuprofen) or high dose salicylates (e.g. acetylsalicylic acid (a substance presents in many medicines used to relieve pain and lower fever, as well as to prevent blood clotting),
- amphotericin B by injection (to treat severe fungal disease),
- medicines to treat mental disorders such as depression, anxiety, schizophrenia… (e.g. tricyclic antidepressants, neuroleptics (such as amisulpride, sulpiride, sultopride, tiapride, haloperidol, droperidol)),
- tetracosactide (to treat Crohn’s disease),
- trimethoprim (for the treatment of infections),
- vasodilators including nitrates (products that make the blood vessels become wider),
- medicines used for the treatment of low blood pressure, shock or asthma (e.g. ephedrine, noradrenaline or adrenaline).

[Product name] with food and drink
It is preferable to take [Product name] before a meal.

Pregnancy, breast-feeding and fertility
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Pregnancy
You must tell your doctor if you think that you are (or might become) pregnant.
Your doctor will normally advise you to stop taking [Product name] before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of [Product name].
[Product name] 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
[Product name] is not recommended if you are breast-feeding.
Tell your doctor immediately if you are breast-feeding or about to start breast-feeding.
See your doctor immediately.

Fertility
Effects on fertility by perindopril or indapamide in humans are not known.

Driving and using machines
[Product name] usually does not affect alertness but different reactions such as dizziness or weakness in relation to the decrease in blood pressure may occur in certain patients. If affected, your ability to drive or to operate machinery may be impaired.

[Product name] contains lactose
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

[Product name] contains sodium
This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take [Product name]

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. The recommended dose is one tablet once a day. Your doctor may decide to modify the dosage regimen if you suffer from renal impairment. Take your tablet preferably in the morning and before a meal. Swallow the tablet with a glass of water.
The tablet can be divided into equal doses.

If you take more [Product name] than you should
If you take too many tablets, contact your nearest accident and emergency department or tell your doctor immediately. The most likely effect in case of overdose is low blood pressure. If marked low blood pressure occurs (associated with nausea, vomiting, cramps, dizziness, sleepiness, mental confusion, changes in the amount of urine produced by kidneys), lying down with the legs raised can help.

If you forget to take [Product name]
It is important to take your medicine every day as regular treatment is more effective. However, if you forget to take a dose of [Product name], take the next dose at the usual time. Do not take a double dose to make up for a forgotten dose.

If you stop taking [Product name]
As the treatment for high blood pressure is usually life-long, you should discuss with your doctor before stopping this medicinal product.

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

4. Possible side effects

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

Stop taking the medicinal product and see a doctor immediately, if you experience any of the following side effects that can be serious:
- severe dizziness or fainting due to low blood pressure (common: may affect up to 1 in 10 people),
- bronchospasm (tightening of the chest, wheezing and shortness of breath (uncommon: may affect up to 1 in 100 people),

- swelling of the face, lips, mouth, tongue or throat, difficulty in breathing (angioedema) (See section 2 "Warning and precaution"), (uncommon: may affect up to 1 in 100 people),
- severe skin reactions including erythema multiforme (a skin rash which often starts with red itchy patches on your face, arms or legs) or intense skin rash, hives, reddening of the skin over your whole body, severe itching, blistering, peeling and swelling of the skin, inflammation of mucous membranes (Stevens Johnson Syndrome) or other allergic reactions (very rare: may affect up to 1 in 10,000 people),
- cardiovascular disorders (irregular heart beat, angina pectoris (pains to the chest, jaw and back, brought on by physical effort), heart attack) (very rare: may affect up to 1 in 10,000 people),
- weakness of arms or legs, or problems speaking which could be a sign of a possible stroke (very rare: may affect up to 1 in 10,000 people),
- inflamed pancreas which may cause severe abdominal and back pain accompanied with feeling very unwell (very rare: may affect up to 1 in 10,000 people),
- yellowing of the skin or eyes (jaundice) which could be a sign of hepatitis (very rare: may affect up to 1 in 10,000 people),
- life-threatening irregular heart beat (not known),
- disease of the brain caused by liver illness (hepatic encephalopathy) (not known).
- muscle weakness, cramps, tenderness or pain and particularly, if at the same time, you feel unwell or have a high temperature it may be caused by an abnormal muscle breakdown (not known).

In decreasing order of frequency, side effects can include:

- Common: (may affect up to 1 in 10 people)
  low potassium in the blood, skin reactions in subjects predisposed to allergic and asthmatic reactions, headache, dizziness, vertigo, pins and needles, vision disturbances, tinnitus (sensation of noises in the ears), cough, shortness of breath (dyspnoea), gastro-intestinal disorders (nausea, vomiting, abdominal pain, taste disturbances, dyspepsia or difficulty of digestion, diarrhoea, constipation), allergic reactions (such as skin rashes, itching), cramps, feeling of tiredness,
- Uncommon: (may affect up to 1 in 100 people)
  mood swings, depression, sleep disturbances, depression, urticaria, purpura (red pinpoints on skin), blister cluster, kidney problems, impotence (inability to obtain or maintain an erection), sweating, an excess of eosinophils (a type of white blood cells), change in laboratory parameters: high blood level of potassium reversible on discontinuation, low blood level of sodium that may lead to dehydration and low blood pressure, somnolence, fainting, palpitations (awareness of your heartbeat), tachycardia (fast heartbeat), hypoglycaemia (very low blood sugar level) in case of diabetic patients, vasculitis (inflammation of blood vessels), dry mouth, photosensitivity reactions (increased sensitivity of the skin to sun), arthralgia (joint pain), myalgia (muscle pain), chest pain, malaise, oedema peripheral, fever, increased blood urea, increased blood creatinine, fall.
- Rare: (may affect up to 1 in 1,000 people)
  Dark urine, feeling sick (nausea) or being sick (vomiting), muscle cramps, confusion and seizures. These may be symptoms of a condition called SIADH (inappropriate antidiuretic hormone secretion). Flushing, psoriasis worsening, decreased or absent urine output, acute renal failure, changes in laboratory parameters: low chloride in the blood, low magnesium in the blood, increased level of liver enzymes, high level of serum bilirubin, fatigue.
- Very rare: (may affect up to 1 in 10,000 people)
  confusion, eosinophilic pneumonia (a rare type of pneumonia), rhinitis (blocked up or runny nose), allergic reaction in the small intestine (intestinal angioedema), changes in blood values such as a lower number of white and red blood cells, lower haemoglobin, lower number of blood platelets, high level of calcium in the blood, abnormal hepatic function.
- Not known: (frequency cannot be estimated from the available data)
  abnormal ECG heart tracing, changes in laboratory parameters: high uric acid levels and high sugar levels in the blood, decrease in vision or pain in your eyes due to high pressure (possible signs of fluid accumulation in the vascular layer of the eye (choroidal effusion) or acute angle-closure glaucoma), discoloration, numbness and pain in fingers or toes (Raynaud's phenomenon), breakdown of muscles often leading to kidney damage (rhabdomyolysis). If you suffer from systemic lupus erythematosus (a type of collagen disease), this might get worse.

Disorders of the blood, kidney, liver or pancreas and changes in laboratory parameters (blood tests) can occur. Your doctor may need to give you blood tests to monitor your condition.

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the national reporting system listed in Appendix V. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store [Product name]

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

Do not use this medicine after the expiry date which is stated on the carton and bottle label after EXP. The expiry date refers to the last day of that month.

Once opened, use within 100 days.
Keep the container tightly closed in order to protect from moisture.
This medicine does not require any special temperature storage conditions.

Do not throw away any medicines via wastewater. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What [Product name] contains

- The active substances are perindopril tosilate and indapamide. Each film-coated tablet contains 5 mg perindopril tosilate (corresponding to 3.408 mg perindopril) and 1.25 mg indapamide.

- The other ingredients are lactose monohydrate, maize starch, sodium hydrogen carbonate, pregelatinized starch (maize), povidone, magnesium stearate, polyvinyl alcohol - part hydrolized, titanium dioxide E171, macrogol/PEG 3350 and talc.

What [Product name] looks like and contents of the pack

[Product name] 5 mg/1.25 mg film-coated tablets are white, capsule shaped biconvex film-coated tablets, debossed “P” “I” with a breakline on one side, plain on the other side.

The tablets are available in containers of 30, 60, 90, 90 (3x30) or 100 tablets.

Not all pack sizes may be marketed.

Houder van de vergunning voor het in de handel brengen en fabrikant
Houder van de vergunning voor het in de handel brengen
Ratiopharm GmbH
Graf-Arco-Str.3
89079 Ulm
Duitsland

Fabrikant
TEVA Pharmaceutical Works Private Limited Company
Pallagi út 13
4042 Debrecen
Hongarije

Pharmachemie B.V.
Swensweg 5
2031 GA Haarlem
Nederland

Teva Operations Sp. z.o.o
ul. Mogilska 80
31-546, Krakow
Polen

Merckle GmbH
Graf-Arco-Strasse 3
89079 Ulm
Duitsland

In het register ingeschreven onder
RVG 110917

Dit medicijn is geregistreerd in lidstaten van de Europese Economische Ruimte onder de volgende namen:

België	Coperindo 5 mg/1,25 mg, filmomhulde tabletten
Duitsland	Perindopril/Indapamid-ratiopharm T 5 mg/1,25 mg Filmtabletten
Nederland	Perindopril Tosilaat/Indapamide ratiopharm 5 mg/1,25 mg, filmomhulde tabletten
Portugal	Perindopril + Indapamida Mepha

Deze bijsluiter is voor het laatst goedgekeurd in september 2024