

ARROW - LISINOPRIL

Lisinopril 5 mg, 10 mg, 20 mg Tablets

What is in this leaflet

This leaflet answers some common questions about ARROW - LISINOPRIL.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking ARROW - LISINOPRIL against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, talk to your doctor or pharmacist.

Keep this leaflet with your medicine. You may need to read it again.

What ARROW - LISINOPRIL is used for

ARROW - LISINOPRIL Tablets are used to treat

- high blood pressure (hypertension)
- heart failure
- patients who have just had a heart attack.

Lisinopril dihydrate, the active ingredient in ARROW - LISINOPRIL Tablets, belongs to a group of medicines called angiotensin converting enzyme (ACE) inhibitors.

Hypertension:

Everyone has blood pressure. This pressure helps get your blood all around your body.

Your blood pressure may be different at different times of the day, depending on how busy or worried you are. You have hypertension (high blood pressure) when your blood pressure stays higher than is needed even when you are calm and relaxed.

There are usually no symptoms of hypertension. The only way of knowing that you have hypertension is to have your blood pressure checked on a regular basis. If high blood pressure is not treated it can lead to serious health problems. You may feel fine and have no symptoms, but eventually hypertension can cause stroke, heart disease and kidney failure.

ARROW - LISINOPRIL helps to lower your blood pressure by widening your blood vessels.

Heart Failure:

Heart failure means that the heart muscle cannot pump blood strongly enough to supply all the blood needed throughout the body. Heart failure is not the same as heart attack and does not mean that the heart stops working. Some people develop heart failure after having had a heart attack.

Heart failure may start off with no symptoms, but as a condition progresses, patients may feel short of breath or may get tired easily after light physical activity such as walking. In severe cases, these symptoms may even occur at rest. Some patients may wake up short of breath at night. Fluid may collect in different parts of the body, often first noticed as swollen ankles and feet.

ARROW - LISINOPRIL helps to treat heart failure and may improve your symptoms.

One of the ways ARROW - LISINOPRIL helps heart failure is that it widens the blood vessels, so that the heart does not have to pump as hard to move blood around the body. This also means that when you place extra demands on your heart, such as during exercise, the heart may cope better so you may not get short of breath as easily.

When used to treat heart failure, ARROW - LISINOPRIL is almost always used with other medicines called diuretics or fluid tablets. These medicines help the kidney to get rid of excess fluid from the body.

Heart Attack:

A heart attack occurs when one of the major blood vessels supplying blood to the heart muscles becomes blocked. As a result of the blockage, the heart does not receive the oxygen it needs and the heart muscle is damaged.

This damage may lead to further complications such as heart failure, irregular heart rhythms and blood clots.

In some patients, ARROW - LISINOPRIL may help to prevent some complications of heart attack, such as heart failure.

Your doctor may have prescribed ARROW - LISINOPRIL for another reason. Ask your doctor if you have any questions about why ARROW - LISINOPRIL has been prescribed for you.

There is no evidence that ARROW - LISINOPRIL Tablets is addictive.

ARROW - LISINOPRIL is available only with a doctor's prescription.

Before you take ARROW - LISINOPRIL

When you must not take it

Do not take ARROW - LISINOPRIL if you are allergic to medicines containing lisinopril, other ACE inhibitors or any of the ingredients

listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- skin rash, itchiness
- difficulty breathing or swallowing
- swelling of the face, lips, tongue, throat, hands or feet
- muscle pain, tenderness or joint pain

Do not take ARROW - LISINOPRIL if you have a history of swelling of the face, lips, tongue, throat, hands or feet, for no apparent reason or in response to other medicines.

Do not take ARROW - LISINOPRIL if you are undergoing haemodialysis, or you have a medical condition known as renal artery stenosis.

Do not take ARROW - LISINOPRIL if you are pregnant or intend to become pregnant.

ARROW - LISINOPRIL may affect your developing baby if you take it during pregnancy.

Do not take ARROW - LISINOPRIL if the expiry date (Exp.) printed on the pack has passed.

It may not work well if you do.

Do not take ARROW - LISINOPRIL if the packaging shows signs of tampering or the tablets do not look quite right.

Before you start to take it

Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.

Tell your doctor if you have or have had any medical conditions, especially the following:

- kidney problems, or are having dialysis
- liver problems
- heart problems
- low blood pressure (you may notice this as faintness or dizziness, especially when standing)
- high levels of potassium in your blood
- aortic stenosis, or hypertrophic cardiomyopathy

Tell your doctor if you are following a very low salt diet.

Tell your doctor if you are about to receive desensitisation therapy for an allergy.

Tell your doctor if you are scheduled to have surgery under general anaesthetic.

Your blood pressure may drop.

Tell your doctor if you intend to become pregnant or to breastfeed.
ARROW - LISINOPRIL should not be used in pregnancy or breastfeeding.

Taking other medicines

Tell your doctor if you are taking any other medicines, including those you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines may be affected by ARROW - LISINOPRIL, or may affect how well it works. These include:

- other medicines used to treat high blood pressure
- diuretic tablets - also called fluid or water tablets
- lithium, a medicine used to treat some types of depression
- potassium tablets such as *Slow-K*, *Span-K*, *KSR*, *K-Mag* or *Chlorvescent*
- potassium-containing salt substitutes such as *Pressor K*
- any non-steroidal anti-inflammatory medicines (indomethacin)
- other medicines used to treat diabetes.

Your doctor can tell you what to do if you are taking any of these medicines. If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking ARROW - LISINOPRIL.

If you have not told your doctor about any of the above, tell them before you start taking ARROW - LISINOPRIL.

How to take ARROW - LISINOPRIL

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

These directions may differ from the information contained in this leaflet.

Your doctor or pharmacist will tell you how many tablets you will need to take each day and when to take them. This depends on your condition and whether or not you are taking any other medicines.

How much to take ARROW - LISINOPRIL

ARROW - LISINOPRIL is available as 5 mg, 10 mg and 20 mg tablets and is taken as a single daily dose.

For high blood pressure:

The usual recommended dose is 5 mg to 10 mg taken once a day.
The usual maintenance dose is 10 mg to 20 mg taken once a day.

For heart failure:

The usual starting dose is 2.5 mg taken once a day.

The usual effective dosage is 5 mg to 20 mg taken once a day.

For heart attack:

ARROW - LISINOPRIL may be started within 24 hours of the onset of the symptoms of heart attack. The usual starting dose is 5 mg, followed by 5 mg after 24 hours, 10 mg after 48 hours and then 10 mg taken once a day thereafter.

How to take ARROW - LISINOPRIL

Swallow ARROW - LISINOPRIL with a of glass of water or other liquid.

When to take ARROW - LISINOPRIL

Take the tablet at about the same time of each day. Taking your tablet at the same time each day will have the best effect on your condition. It will also help you to remember when to take it.

It does not matter if you take ARROW - LISINOPRIL before or after food.

How long to take ARROW - LISINOPRIL

ARROW - LISINOPRIL helps control your condition, but does not cure it. Therefore you must take ARROW - LISINOPRIL every day. Continue taking your medicine for as long as your doctor tells you.

If you forget to take ARROW - LISINOPRIL

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take the missed dose as soon as you remember, and then go back to taking your tablets as you would normally.

Do not take a double dose to make up for the dose you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist. If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

If you take too much ARROW - LISINOPRIL (overdose)

Immediately telephone your doctor, or the National Poisons Information Centre (0800 POISON or 0800 764 766), or go to the Accident and Emergency department at your nearest hospital, if you think that you or anyone else may have taken too many ARROW - LISINOPRIL Tablets.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Keep the telephone numbers for these places handy.

If you take too much ARROW - LISINOPRIL, you may feel light-headed, dizzy or faint.

While you are taking ARROW - LISINOPRIL

Things you must do

Before starting any new medicine, tell your doctor or pharmacist that you are taking ARROW - LISINOPRIL.

Tell all the doctors, dentists and pharmacists who are treating you that you are taking ARROW - LISINOPRIL.

Have your blood pressure checked when your doctor says to make sure ARROW - LISINOPRIL is working.

Make sure you drink enough water during exercise and hot weather when you are taking ARROW - LISINOPRIL, especially if you sweat a lot. If you do not drink enough water while taking ARROW - LISINOPRIL, you may faint or feel light-headed or sick. This is because your blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.

If you have excessive vomiting or diarrhoea while taking ARROW - LISINOPRIL, tell your doctor.

You may lose too much water and salt, and your blood pressure may drop too much.

If you feel light-headed or dizzy after taking your first dose of ARROW - LISINOPRIL, or when your dose is increased, tell your doctor immediately.

This is especially important if you are taking ARROW - LISINOPRIL for heart failure.

If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking ARROW - LISINOPRIL.

Your blood pressure may drop suddenly during surgery.

If you become pregnant while taking ARROW - LISINOPRIL, tell your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking ARROW - LISINOPRIL.

ARROW - LISINOPRIL may interfere with results of some tests.

Go to your doctor regularly for a check-up.

Your doctor may occasionally do a blood test to check your potassium levels and see how your kidneys are working.

Tell your doctor if, for any reason, you have not taken your medicine exactly as directed.

Otherwise, your doctor may think that it is not working and change your treatment unnecessarily.

Things you must not do

Do not use ARROW - LISINOPRIL to treat any other conditions unless your doctor tells you to.

Do not change the dose of your ARROW - LISINOPRIL without checking with your doctor.

Do not give ARROW - LISINOPRIL to anyone else, even if they have the same condition as you.

Things to be careful of

If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.

Standing up slowly, especially when you get up out of bed or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

Be careful driving or operating machinery until you know how ARROW - LISINOPRIL affects you.

As with other ACE inhibitors, ARROW - LISINOPRIL may cause dizziness, light-headedness, tiredness and drowsiness in some people. Make sure you know how you react to ARROW - LISINOPRIL before you drive, operate machinery or do anything else that could be dangerous if you are dizzy or light-headed. If you drink alcohol, dizziness or light-headedness may be worse.

Things that would be helpful for your blood pressure or heart failure

Some self help measures suggested below may help your condition.

Talk to you doctor or pharmacist about these measures and for more information.

- Alcohol - your doctor may advise you to limit your alcohol intake.
- Diet - eat a healthy diet, which includes plenty of fresh vegetables, fruit, bread, cereals and fish. Also eat less fat and sugar.
- Exercise - regular exercise helps to reduce blood pressure and helps the heart get fitter, but it is important not to overdo it. Walking is good exercise, but try to find a route that is fairly flat. Before starting any exercise, ask your doctor about the best kind of programme for you.
- Salt - your doctor may advise you to watch the amount of salt in your diet. To reduce your salt intake, you should use a minimal amount of salt in cooking and avoid table salt.
- Smoking - your doctor may advise you to stop smoking or at least cut down
- Weight - your doctor may suggest losing some weight to help lower your blood pressure and help lessen the amount of work your heart has

to do. Some people may need a dietician's help to lose weight.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking ARROW - LISINOPRIL.

Like other medicines, ARROW - LISINOPRIL Tablets can cause some side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Do not be alarmed by this list of possible side effects.

You may not experience any of them. Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor if you notice any of the following and they worry you:

- light-headedness or dizziness
- headache
- fatigue
- dry cough
- mild stomach upsets such as feeling sick, diarrhoea, or stomach pains.

These are the common side effects of ARROW - LISINOPRIL and they are usually mild.

Tell your doctor immediately if you notice any of the following:

- itchy skin rash or other skin problems
- signs of frequent worrying, infections such as fever, severe chills, sore throat, mouth or tongue ulcers
- tingling or numbness of the hands and feet
- passing less urine than is normal
- bruising more easily than normal.

These are rare but serious side effects. You may need urgent medical attention.

If any of the following happen after taking ARROW - LISINOPRIL, stop taking it and tell your doctor immediately or go to Accident and Emergency at the nearest hospital:

- swelling of the face, lips mouth or throat, which may cause difficulty in swallowing or breathing
- pink or red itchy spots on the skin which may blister and progress to form raised, red, pale centred marks, also called hives or nettle rash
- fainting
- yellowing of the skin and/or eyes, also called jaundice
- severe flaking or peeling of the skin

- chest pain, angina
- fast or irregular heart beats
- difficulty breathing
- wheeziness due to tightness in the chest
- swelling of the hands and feet
- severe abdominal pain
- collapse, numbness or weakness of arms or legs.

These side effects are rare but very serious. Stop taking ARROW - LISINOPRIL and seek medical attention urgently.

Also tell your doctor if you notice any of the following:

- hair loss or thinning
- impotence
- psoriasis and other serious skin conditions
- taste disturbances or loss of taste
- difficulty in sleeping, strange dreams
- running nose or sinus pain.

These are other side effects that have been reported with ARROW - LISINOPRIL.

This is not a complete list of all possible side effects. Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything that is making you feel unwell.

After taking ARROW - LISINOPRIL

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in the blister packs in a cool, dry place where the temperature stays below 25°C.

Keep ARROW - LISINOPRIL where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Do not store ARROW - LISINOPRIL or other medicines in the bathroom or near a sink.

Do not leave the tablets in the car or on window sills.

Heat, light and dampness can destroy some medicines.

Disposal

If your doctor or pharmacist tells you to stop taking ARROW - LISINOPRIL, or your tablets have passed their expiry date, ask your pharmacist what to do with any tablets that are left over.

Product description

What it looks like

ARROW - LISINOPRIL 5: White, round tablet, marked L|5 on one side and '>' on the other.

ARROW - LISINOPRIL 10: White, round tablet, marked L|10 on one side and '>' on the other.

ARROW - LISINOPRIL 20: White, round tablet, marked L|20 on one side and '>' on the other.

ARROW - LISINOPRIL is available in blister packs of 30 tablets.

Ingredients

The active ingredient:

- ARROW - LISINOPRIL 5 - 5 mg lisinopril per tablet
- ARROW - LISINOPRIL 10 - 10 mg lisinopril per tablet
- ARROW - LISINOPRIL 20 - 20 mg lisinopril per tablet.

The tablets also contain

- mannitol
- calcium hydrogen phosphate
- maize starch
- pregelatinised maize starch
- colloidal anhydrous silica
- magnesium stearate.

The tablets do not contain lactose, sucrose, gluten, tartrazine or any azo dyes.

Supplier

ARROW - LISINOPRIL is distributed in New Zealand by:

Arrow Pharmaceuticals (NZ) Limited

Mount Eden Central Business Park
33a Normanby Road, Mt. Eden
Auckland, New Zealand.

Date of preparation

27 August 2010

