

Consumer Medicine Information

CARDOSART[®]

Candesartan cilexetil 4 mg, 8 mg, 16 mg and 32 mg tablets

What is in this leaflet

- This leaflet answers some if not all of the common questions about CARDOSART tablets.
- It will not have all the available information.
- It does not take the place of talking to your doctor or pharmacist.
- Your doctor has weighed the risks of you taking CARDOSART against its benefits before prescribing it for you.
- If you have any concerns about taking this medicine do ask your doctor or pharmacist.
- Keep this leaflet with the medicine. You may need to read it again.

What CARDOSART is used for

CARDOSART is used for treating high blood pressure.

How does CARDOSART work

CARDOSART contains the active ingredient candesartan cilexetil which belongs to a group of medicines called angiotensin II receptor antagonists. It blocks the effects of the hormone angiotensin II and causes relaxation of the blood vessels which results in a lowering of the blood pressure.

Before you use CARDOSART

When you must not take it.

The medicine should not be taken if:

- The package is torn or shows signs of tampering.
- The expiry date printed on the pack has passed. The medicine may not work as well if you take it after the expiry date has passed.
- You are pregnant, think you might be pregnant or considering becoming pregnant.
- You are breast feeding.
- You are allergic to any of the ingredients in CARDOSART listed at the end of this leaflet. Allergic reaction symptoms include swelling, itching, rash, breathing difficulties.

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

•Before you start to take CARDOSART inform your doctor if:

- you have any heart, liver or kidney problems.
- you suffer from lactose intolerance

Taking other medicines

Tell your doctor if you are taking any other medicines including any that you have bought from a pharmacy, healthfood shop or supermarket.

Some medicines could interfere with CARDOSART. These medicines include:

- lithium
- potassium-sparing diuretics, potassium supplements or salt substitutes
- those which help lower your blood pressure, particularly diuretics

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking CARDOSART.

Ask your doctor or pharmacist if you are not sure about this list of medicines.

Using CARDOSART

Taking your medicine.

You are advised to follow all the directions given to you by your doctor or pharmacist very carefully. The doctor or pharmacist's advice may differ from the information in this leaflet. It is important to keep taking CARDOSART every day and as your doctor has told you to.

The normal adult dose for treating high blood pressure is either one 8 mg tablet or one 16 mg tablet each day.

Taking your medicine at the same time each day will have the best effect. It will also help you to remember when to take CARDOSART. Your dose can be taken with or without food. If you have severe kidney or severe liver problems, your doctor may prescribe a smaller dose. CARDOSART is not normally recommended for children.

Things to be careful of:

CARDOSART may cause dizziness and/or drowsiness and affect alertness in some individuals. If this occurs, avoid operating machinery, driving a car or doing anything that could be dangerous.

Tell your doctor if you become pregnant while you are taking **CARDOSART**.

Overdose

Telephone your doctor or the National Poisons Information Centre (Telephone 0800 POISON or 0800 764 766) for advice or go to your nearest Accident and Emergency centre immediately if you think that you or anyone else may have taken too much CARDOSART, even if there are no signs of discomfort or poisoning.

While you are using CARDOSART

If you forget to take it:

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 it as soon as you remember and then go back to taking it as you would normally.

Do not double a dose to make up for one you have missed.

If in doubt ask your doctor or pharmacist. They can also help with hints if you have trouble remembering your dose.

How long to take it:

Do not take CARDOSART tablets for longer than your doctor says.

You must take CARDOSART every day. Continue taking your medicine for as long as your doctor tells you.

Things you must not do:

Do not stop taking CARDOSART unless you have discussed it with your doctor.

Do not give CARDOSART to children. There is no information on its use in children.

Do not use it to treat any other complaints unless your doctor tells you to.

Do not give this medicine to anyone else even if they have the same condition as you.

Side effects

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

Most people taking CARDOSART do not suffer any unwanted effects. All medicines can have side effects. Some of these are serious, most of them are not. Some people taking CARDOSART may occasionally experience unwanted effects which are usually mild and do not last for long. Below is the list of possible side effects you could get while taking CARDOSART tablets:

- headache
- cold or flu-like symptoms
- back pain
- dizziness
- feeling or being sick
- coughing
- feeling tired
- stomach ache
- diarrhoea
- sore throat
- swelling of the feet
- bronchitis
- runny or blocked nose.

These are the more common side effects seen when taking CARDOSART tablets and are generally not harmful. However, contact your doctor if they bother you too much.

Unwanted effects reported very rarely are:

- swelling of the face, lips, tongue and/or throat,
- rash,
- hives,
- itching,
- jaundice (yellow skin and/or eyes)
- increased liver tests.

If you suffer from any of these effects, or if you get any other unusual or unexpected symptoms, talk to your doctor or pharmacist. If you develop swelling of the face, lips, tongue and/or throat, immediately contact your doctor or go to your nearest Accident and Emergency centre. You may have had a serious (allergic) reaction to CARDOSART.

Other adverse effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

After using CARDOSART

Storage

Keep your tablets in the blister pack until it is time to take them. If you take CARDOSART out of the blister pack it will not keep well.

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

Do not store it or any other medicine in the bathroom or near a sink. Do not leave it in the car or on window sills. Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it. A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

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

Product description

CARDOSART tablets come in four strengths, containing either 4 mg, 8 mg, 16 mg or 32 mg of candesartan cilexetil.

- 4 mg tablets are white, round tablets with a score mark on one side and embossed C 4 on the same side.
- 8 mg tablets are white, round tablets with a score mark on one side and embossed C 8 on the same side.
- 16 mg tablets are white, round tablets with a score mark on one side and embossed C 16 on the same side.
- 32 mg tablets are white, round tablets with a score mark on one side and embossed C 32 on the same side.

Each tablet contains the active ingredient candesartan cilexetil.

Each tablet also contains

- maize starch
- lactose monohydrate
- triethyl citrate
- hydroxypropylcellulose
- croscarmellose sodium
- magnesium stearate

CARDOSART 4 mg, CARDOSART 8 mg, CARDOSART 16 mg and CARDOSART 32 mg tablets come in a blister pack containing 28 or 30 tablets.

Supplier:

CARDOSART is supplied in New Zealand by:

Douglas Pharmaceuticals Limited
PO Box 45 027
Auckland 0651
pH: (09) 835 0660

This leaflet was prepared on 31 May 2010