

## Consumer Medicine Information

# Calvasc Tablets

*Amlodipine 5 mg tablets and 10 mg tablets*

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## What is in this leaflet

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This leaflet answers some common questions about Calvasc tablets

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

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

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

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

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## What are Calvasc tablets used for

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Calvasc is used to treat high blood pressure (hypertension). High blood pressure usually has no symptoms. Having your blood pressure checked on a regular basis is the only way of knowing that you have hypertension. Untreated high blood pressure can lead to serious health problems.

Calvasc belongs to a group of medicines called calcium channel blockers or calcium ion antagonists. These medicines work by widening your blood vessels. This makes it easier for your heart to pump blood around the body while also increasing the supply of blood and oxygen to your heart. Calcium channel blockers do not change the amount of calcium in your blood or bones.

Calvasc is also used to treat angina pectoris. This pain is due to your heart not receiving enough oxygen. It is felt as a pain or uncomfortable feeling in the chest, often spreading to the arms or neck, and sometimes to the shoulders and back.

Calvasc cannot be used for the relief of a sudden attack of angina. Your doctor will have given you other medication to treat sudden attacks.

Calvasc has been approved for the uses mentioned above. However, your doctor may prescribe this medicine for another use. If you want more information, ask your doctor.

Calvasc is only available with a doctor's prescription.

CALVASC tablets are not known to be addictive.

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## **Before you take Calvasc tablets**

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### ***When you must not take it***

#### ***Do not take Calvasc tablets if:***

- **you are allergic to the active ingredient or any other ingredients listed at the end of this leaflet.** (signs of allergy include a skin rash similar to hives, itching, shortness of breath and/or swollen face).
- you are allergic to **other calcium channel blockers.** Examples of such medicines include felodipine (Plendil ER, Agon SR, Felodur ER), or nifedipine (Adalat, Adalat Oros, Nifecard, Nifedipine-BC, Nifehexal, Nyefax, SBPA Nifedipine) or diltiazem hydrochloride (Dilzem, Cardizem).  
Check with your doctor or pharmacist if you are unsure.
- the packaging is torn or shows signs of being tampered with.
- the expiry date marked on the packaging has passed
- if the tablets do not look right.

**Calvasc is not recommended for use in children. No studies of its effects in children have been performed.**

### ***Before you start to take it***

#### **Tell your doctor if:**

- you have any health problems, including:
  - problems with your heart
  - problems with your liver or kidneys
  - allergies to any foods, dyes, preservatives or any other medicines.
- you are pregnant or planning to become pregnant.
- you are breastfeeding  
Medicines taken during pregnancy or while breast feeding may affect the baby. Your doctor will discuss the possible risks and benefits of taking Calvasc during pregnancy or while breast feeding.

### ***Taking other medicines***

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

Some medicines may interfere with CALVASC or may affect how well it works.

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

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## Using Calvasc tablets

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### ***How much to take***

Your doctor will decide what dose and for how long you will need CALVASC tablets.

The usual dose of Calvasc is one 5 mg tablet each day. Your doctor may increase this to one 10 mg tablet each day or to a dose that is required for you.

### ***How to take it***

**CALVASC tablets must be swallowed whole with a full glass of water.** Calvasc can be taken with or without food.

**Take your tablet at about the same time each day, either morning or evening.**

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

### ***How long to take it***

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

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

### ***If you forget to take it***

If you have forgotten to take one dose of CALVASC tablets and it is less than 12 hours from when you should take it, take it straight away, then continue as normal the next day.

Otherwise, skip that day's dose but be sure to take the next day's dose when it is due.

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

### ***If you take too much (overdose)***

**Immediately telephone your doctor or Poisons Information Centre (telephone 0800 POISON or 0800 764 766) or go to your nearest Accident and Emergency department or clinic if you think you or anyone else may have taken too much CALVASC. Do this even if there are no signs of discomfort or poisoning.** You may need urgent medical attention.

If you have taken too much CALVASC, you may:

- feel dizzy
- feel lightheaded
- faint or feel faint

- have an irregular heart beat.

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## While you are using Calvasc

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### ***Things you must do***

Tell all the doctors, dentists and pharmacists who are treating you that you are taking CALVASC.

Tell your doctor or pharmacist that you are taking CALVASC if you are about to start any new medicine.

Tell your doctor if you become pregnant while taking CALVASC.

### ***Things you must not do***

Do not use Calvasc 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.

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how CALVASC affects you.**

Calvasc 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.**

### **Important self-help measures that may assist your condition:**

Talk to your doctor about these for more information.

- **Weight** - if need be, your doctor may suggest losing some weight. A dietician can plan a suitable diet to help with weight loss.
- **Exercise** - regular exercise helps lower blood pressure and strengthen the heart but it is important not to overdo it. Before commencing regular exercise, you must consult your doctor to find a suitable exercise routine for you. If you feel uncomfortable when exercising or experience symptoms such as unusual chest pain or breathlessness see your doctor.
- **Alcohol** - you may be advised by your doctor to limit your alcohol intake.
- **Salt** - your doctor may advise you to watch the amount of salt in your diet. To reduce your salt intake, you should avoid using salt at the table or in cooking.
- **Smoking** - you may be advised by your doctor to reduce or stop smoking.

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## Side effects

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

All medicines can have side effects. Some of these are serious, most of them are not. You may need medical treatment if you get some of the side effects. Calvasc is generally well tolerated and side effects are often hard to distinguish from the disease symptoms.

Below is the list of possible side effects you could get while taking Calvasc tablets

- swelling of the ankles, feet, face or hands
- headache
- flushing
- fast heart rate
- tiredness and drowsiness
- abdominal pain
- nausea.

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

**The following symptoms may occur less often:**

- muscle stiffness
- muscle aches
- change in sexual functions
- swelling of the gums
- constipation
- weight gain
- inability to sleep
- feeling nervous,
- depression
- blurred vision
- thinning or loss of hair
- tinnitus (ringing in the ears).

These may or may not be due to Calvasc but you should tell your doctor if they worry you.

**The following may occur rarely. Tell your doctor immediately.**

- fast or slow changes in heart beat
- chest pain
- dizziness
- shortness of breath
- allergic reaction
- jaundice

**Do not hesitate to report any other side effects to your doctor or pharmacist.**

Patients who are 65 years or older should be especially careful while taking Calvasc. Report any side effects promptly to your doctor.

People in this age group may be more likely to experience side effects such as swelling of the feet and ankles, muscle cramps and dizziness.

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## Storage

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**Keep your tablets in the original container until it is time to take them.** If you leave your tablets out of the original container, they will not keep well.

**Keep your tablets in a cool dry place where temperatures stay below 25°C.**

**Do not store Calvasc or any other medicine in the bathroom or near a sink. Do not leave it in the car or on a window sill.**

Heat and dampness can destroy some medicines.

**Always keep the tablets out of reach of young children.**

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 this medicine, or if the tablets have passed the expiry date, ask your pharmacist what to do with any that are left over.**

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## Product description

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### ***What it looks like***

**Calvasc Tablets are available in two strengths:**

- Calvasc 5 mg - white to off white, round, biconvex tablets; embossed with "5" on one side.
- Calvasc 10 mg - white to off white, round, biconvex tablets; scored on one side and embossed with "10" on the other side.

### ***Ingredients***

#### **Active ingredients**

- Calvasc 5 mg Tablets contain amlodipine mesilate equivalent to amlodipine 5 mg.

- Calvasc 10 mg Tablets contain amlodipine mesilate equivalent to amlodipine 10 mg.

**Other ingredients**

- microcrystalline cellulose
- anhydrous calcium hydrogen phosphate
- sodium starch glycollate
- magnesium stearate

Calvasc does not contain gluten, sugar or lactose.

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**Supplier**

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**Calvasc is supplied in New Zealand by:**

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

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