

# ISOPTIN<sup>®</sup>

verapamil hydrochloride

## Consumer Medicine Information

Consumer Name  
Consumer Address

Date of Dispensing

Pharmacist Name  
Pharmacist Address

## What is in this leaflet

This leaflet answers some common questions about Isoptin.

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 Isoptin 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 the medicine.** You may need to read it again.

## What Isoptin is used for

There are two types of Isoptin:

- Isoptin tablets (available as Isoptin 40mg and Isoptin 80mg)
- Isoptin SR (available as 120mg and 240mg tablets)

The letters SR in the name Isoptin SR stand for "sustained release". This means the medicine is released into the blood over an extended period of time, usually allowing the medicine to be taken only once a day.

Depending on your condition, your doctor will prescribe Isoptin or Isoptin SR.

In most parts of this leaflet, the name Isoptin is used to refer to both Isoptin tablets and Isoptin SR

tablets. Where there is information specific to the type of Isoptin, the separate names are used.

Isoptin and Isoptin SR are used in the treatment of:

- high blood pressure, also called hypertension
- angina (chest pain)

Isoptin and Isoptin SR are also used in patients who have recently had a heart attack.

Isoptin tablets are also used to treat irregular heartbeats, also called arrhythmias.

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

Isoptin and Isoptin SR belong to a group of medicines called calcium channel blockers or calcium antagonists. They work by opening up blood vessels, which lets more blood and oxygen reach the heart and at the same time lowers high blood pressure. Isoptin tablets also help to control irregular heart beats.

Isoptin does not change the amount of calcium in your blood or bones. Calcium in your diet or in calcium supplements will not interfere with the way Isoptin works.

Isoptin SR is not recommended for use in children under the age of 18, as there have been no studies of its effects in this age group.

Isoptin is available only with a doctor's prescription.

There is no evidence that Isoptin is addictive.

## Before you take Isoptin

### When you must not take it

- **Do not take Isoptin if you have had an allergic reaction to any medicines containing verapamil hydrochloride.** Some of the symptoms of an allergic reaction may include severe blisters, skin rash, itching or flaking skin.
- **Do not take Isoptin if you are allergic to any of the ingredients listed at the end of this leaflet.**

**Do not take Isoptin if you have:**

- **certain other heart conditions (such as heart failure, a very slow heart rate, some irregular heart beats or disease of the heart muscle)**
- **low blood pressure, also called hypotension**

**Do not use Isoptin after the expiry date (EXP) printed on the pack.**

If you take this medicine after the expiry date has passed, it may not work as well.

**Do not use Isoptin if the packaging is torn or shows signs of tampering.**

**If you are not sure whether you should start taking Isoptin contact your doctor**

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## **Before you start to take Isoptin:**

**Tell your doctor if you have allergies to:**

- any other medicines
- any other substances, such as foods, dyes or preservatives.

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

- any other heart problem
- blood vessel (circulatory) disease or a stroke
- liver or kidney problems
- muscle conditions such as Duchenne muscular dystrophy, myasthenia gravis, Lambert-Eaton syndrome

**Tell your doctor if you are pregnant or plan to become pregnant.**

Isoptin may affect your baby if you take it in pregnancy. Your doctor will discuss the possible risks and benefits of taking Isoptin during pregnancy.

**Tell your doctor if you are breastfeeding or plan to breastfeed.**

Isoptin passes into breast milk. Your doctor will discuss the possible risks and benefits of taking Isoptin when breastfeeding.

**If you have not told your doctor about any of the above, tell them before you start taking Isoptin.**

## **Taking other medicines**

**Several medicines can cause unwanted reactions if used with Isoptin.** Ask your doctor or pharmacist for advice before taking this medicine.

**In particular tell your doctor if you are taking any of the following medicines.**

**Medicines to treat heart problems or high blood pressure:**

- Beta-blockers e.g. atenolol, propranolol, metoprolol
- Diuretics (also called fluid tablets).
- Any other medicines used to control an irregular heart beat or high blood pressure e.g. digoxin, quinidine, flecainide, disopyramide

**Medicines used to lower cholesterol:**

- Such as atorvastatin or simvastatin

**Medicines used to treat psychological problems:**

- Any medicines to treat depression, or psychosis. Such as imipramine, buspirone, midazolam or lithium

**Medicines to treat epilepsy or seizures:**

- Such as phenytoin, carbamazepine and phenobarbitone.

**Medicines to treat or prevent organ transplant rejection:**

- Such as cyclosporine, everolimus, sirolimus and tacrolimus

**Medicines used to treat infections or tuberculosis:**

- Such as erythromycin, clarithromycin, telithromycin or rifampicin

**Medicines used in the treatment Human Immunodeficiency Virus (HIV):**

- Such as ritonavir.

**Medicines used to treat or prevent gout:**

- Such as colchicine or sulfinpyrazone.

**Medicines used in surgical procedures such as:**

- General anaesthetics used for inducing sleep
- Muscle relaxants

**Other medicines that may react with Isoptin:**

- theophylline, a medicine used to treat asthma
- doxorubicin, a medicine used to treat certain cancers

- cimetidine, a medicine commonly used to treat stomach ulcers and reflux
- glibenclamide, a medicine used to treat diabetes
- aspirin

Avoid alcohol while using Isoptin. You may experience greater blood pressure lowering effects than usual.

Avoid grapefruit juice, as this may increase the blood levels of verapamil.

These medicines may be affected by Isoptin, or may affect how well it works. You may need different amounts of your medicine or you may need to take different medicines. Your doctor will advise you.

This is not a complete list of medicines which may interfere with Isoptin.

**Tell your doctor or pharmacist if you are taking or have recently taken any other medicines or herbal remedies, including those obtained without a prescription from a pharmacy, supermarket or health food shop**

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## **How to take Isoptin**

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### **How much to take**

Your doctor 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.

Isoptin tablets are usually taken two or three times a day. The usual dose of Isoptin SR is once daily or they may be taken twice daily.

**Follow all directions given to you by your doctor carefully. If you do not understand the instructions on the pharmacist's label fixed on the box, ask your doctor or pharmacist for help.**

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## **How to take it**

Swallow Isoptin with a glass of water.

Isoptin 40 and Isoptin 80 are to be swallowed whole. They are not meant to be broken.

**Do not crush or chew Isoptin SR tablets.** If you crush or chew Isoptin SR tablets they will not work as well.

Isoptin SR tablets can be broken in half if your doctor has prescribed half a tablet.

## **When to take it**

**Take Isoptin SR with food.**

Isoptin 40 and Isoptin 80 can be taken with or without food.

## **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 your medicine as you would normally.

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

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

**If you miss more than one dose, or are not sure what to do, check with your doctor or pharmacist.**

## **How long to take it**

Treatment with Isoptin is usually long term. Keep taking Isoptin for as long as your doctor recommends.

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

**Immediately telephone your doctor or the Poisons Information Centre (telephone**

**13 11 26) for advice, or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much Isoptin. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

If you take too much Isoptin, you may have a slow heart beat, chest pain, feel very faint or collapse; however, if you are taking Isoptin SR (sustained release) tablets, you may not notice these symptoms immediately.

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## **While you are taking Isoptin**

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### **Things you must do**

**If you become pregnant while taking Isoptin, tell your doctor.**

**Tell all doctors, dentists and pharmacists who are treating you that you are taking Isoptin.**

**If you are being treated for angina, tell your doctor if you continue to have angina attacks or if they become more frequent while you are using Isoptin.**

**If you are going to have surgery including dental surgery, tell your doctor or dentist that you are taking Isoptin.**

**Visit your doctor regularly so that they can check on your progress.**

Your doctor may ask you to have blood tests to check your liver from time to time.

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

**Do not take Isoptin with grapefruit or its juice.**

**Do not give Isoptin to anyone else, even if they have the same condition as you.**

**Do not take Isoptin to treat any other complaints unless your doctor tells you to.**

**Do not stop taking Isoptin, or lower the dosage without checking with your doctor.**

## **Things to be careful of**

**Be careful getting up from a sitting position.** Dizziness, lightheadedness or fainting may occur, especially when you get up quickly. Getting up slowly may help.

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

As with other medicines, Isoptin may cause dizziness, lightheadedness or tiredness in some people. If this occurs, do not drive, operate machinery or do anything else that could be dangerous if you are tired, dizzy or lightheaded.

If you drink alcohol while taking Isoptin, dizziness or lightheadedness may be worse.

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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 Isoptin.**

Like all other medicines, Isoptin may have unwanted side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

As with most medicines, if you are over 65 years of age you may have an increased chance of getting side effects. Report any side effects to your doctor promptly.

**Ask your doctor or pharmacist any questions you may have.**

**Tell your doctor if you notice any of the following more common side effects and they worry you:**

- constipation
- dizziness, lightheadedness
- feeling sick, upset stomach

- headache
- tiredness
- flushing

**Tell your doctor immediately or go to Accident and Emergency at the nearest hospital if you notice any of the following:**

- chest pain, fainting, collapse
- slow, fast, or irregular heart beat
- shortness of breath (sometimes with tiredness, weakness and reduced ability to exercise), which may occur together with swelling of the feet and legs due to fluid build up
- fever, upper stomach pain, feeling generally unwell
- severe blisters, skin rash, itching or flaking skin

**Other side effects not listed above may occur in some patients. Ask your doctor or pharmacist for more information about side effects, as they have a more complete list of side effects. Inform your doctor promptly about these or any other symptoms. If the condition persists or worsens, seek medical attention.**

**Do not be alarmed by this list of possible side effects.** You may not experience any of them.

**Tell your doctor if you notice anything that is making you feel unwell.**

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## After using Isoptin

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### Storage

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

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

**Keep Isoptin 40, 80 and 120SR tablets in a cool dry place where the temperature stays below 30°C.**

**Keep Isoptin 240SR in a cool dry place where the temperature stays below 25°C.**

**Do not store Isoptin or any other medicine in the bathroom or near a sink.**

**Do not leave it in the car on hot days or on window sills.**

Heat and dampness can destroy some medicines.

**Keep your tablets where children cannot reach them.**

### Disposal

**Medicines should not be disposed of via wastewater or household waste.**

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

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## Product description

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### What it looks like

*Isoptin is available as:*

Isoptin 40mg: White, biconvex film coated tablet with "40" (side 1) and Knoll-triangle (side 2).

Isoptin 80mg: White biconvex film coated tablet with "Isoptin 80" (side 1) and "Knoll" (side 2, scored).

Each pack of Isoptin 40mg and 80mg contains 100 tablets.

Isoptin SR is available as:

Isoptin SR 120mg: White, biconvex and film coated sustained release tablets with "120 SR" on one side and "KNOLL" on the other side.

Isoptin 240SR: Light green, capsule shaped, scored, film coated tablets with a double Knoll triangle on one side.

Each pack of Isoptin 120SR contains 100 tablets and each pack of Isoptin 240SR contains 30 tablets.

## Ingredients

Isoptin tablets and Isoptin SR tablets are gluten and sugar free.

The active ingredient in Isoptin is verapamil hydrochloride.

Isoptin tablets contain either 40mg or 80mg of verapamil hydrochloride.

These tablets also contain:

- calcium hydrogen phosphate (341)
- microcrystalline cellulose (460)
- croscarmellose sodium (466)
- magnesium stearate (470)
- colloidal anhydrous silica
- hypromellose (464)
- talc (553)
- sodium lauryl sulfate
- macrogol 6000
- titanium dioxide (171)

Isoptin 120 SR tablets contain 120mg of verapamil hydrochloride.

These tablets also contain:

- maize starch
- lactose
- gelatine
- microcrystalline cellulose
- talc
- magnesium stearate
- sucrose
- acacia
- calcium carbonate
- silicon dioxide
- sodium carboxymethylcellulose
- povidone
- titanium dioxide
- quinoline yellow (CI 47005)
- montan glycol wax

Isoptin 240 SR tablets contain 240mg verapamil hydrochloride.

Isoptin 240 SR tablets also contain:

- sodium alginate (401)
- powdered cellulose (460)
- povidone
- magnesium stearate (470)
- hypromellose (464)
- purified talc (553)
- macrogol 400
- macrogol 6000
- titanium dioxide (171)

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- quinoline yellow (104)
  - indigo carmine (CI 47005) (120)
  - glycol/butylene glycol montanate

## ***Supplier***

Isoptin tablets are supplied by:

Abbott Laboratories (NZ) Ltd  
4 Pacific Rise  
Mt Wellington  
Auckland

New Zealand registration numbers:

Isoptin 40mg - TT50-2075/4  
Isoptin 80mg - TT50-2075/4a

Isoptin 120SR - TT50-2075/2  
Isoptin 240SR - TT50-2075/2a

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