

## VERPAMIL SR



*Verapamil 120mg and 240mg SR tablets*

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### What is in this leaflet

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This leaflet answers some common questions about VERPAMIL SR. It does not contain all the information available on this medicine. 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 using VERPAMIL SR against the benefits they expect it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist. Keep this leaflet. You may want to read it again.

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### What VERPAMIL SR is used for and how it works

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VERPAMIL SR is available in two strengths: VERPAMIL SR 120mg and VERPAMIL SR 240mg.

The letters SR in the name VERPAMIL 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 once a day.

Your VERPAMIL SR tablets contain verapamil. It belongs to a group of medicines known as calcium channel blockers. These medicines work by opening up blood vessels, causing blood pressure to fall and allowing more blood and oxygen to reach the heart.

VERPAMIL SR tablets are used to treat high blood pressure (hypertension), heart and chest pain brought on, for example, by exercise or stress (known as angina pectoris), and for long-term prevention of future heart attacks.

Your doctor may, however, prescribe VERPAMIL SR for another reason. Ask your doctor if you have any questions about why VERPAMIL SR has been prescribed for you.

VERPAMIL SR is available on prescription from your doctor.

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### Before you take VERPAMIL SR

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

Do not take VERPAMIL SR if:

- You are allergic to verapamil or any other ingredients listed at the end of this leaflet**
- You have certain other heart conditions such as heart failure, a very slow heart rate, some types of arrhythmias or a disease of the heart muscle**
- You have low blood pressure, known as hypotension**

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Talk to your doctor or pharmacist if you are not sure whether you should take this medicine.

#### *Before you take it*

Tell your doctor if:

You have any other heart problems  
You have liver problems  
You have kidney problems  
You have muscle conditions such as myasthenia gravis or Duchenne's muscular dystrophy  
You are pregnant or planning on becoming pregnant  
You are breastfeeding or planning to breastfeed

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

If you are taking any other medicines, including any you get without a prescription, from a pharmacy, supermarket or health food shop, tell your doctor or pharmacist.

Medicines that may interfere with VERPAMIL SR include:

Other medicines for high blood pressure, such as beta blockers, ACE inhibitors and vasodilators  
Alpha-blockers such as prazosin and terazosin, used to treat high blood pressure and enlarged prostates (BPH)  
Fluid tablets, also called diuretics  
Digoxin, a medicine used to treat heart failure  
Glibenclamide, a medicine used to treat diabetes  
Medicines used to treat irregular heart beat (eg. disopyramide, flecainide, mexiletine, amiodarone and quinidine)  
Cimetidine, a medicine commonly used to treat reflux and ulcers  
Imipramine, a medicine used to treat depression  
Lithium, a medicine used to treat mood swings and some types of depression  
Phenobarbitone, a medicine used to treat epilepsy and sleep problems  
Cyclosporin, everolimus, sirolimus and tacrolimus, medicines used to prevent organ transplant rejection or to treat certain problems with the immune system  
Erythromycin, clarithromycin and telithromycin, antibiotic medicines  
Carbamazepine and phenytoin, medicines commonly used to treat epilepsy  
Rifampicin, an antibiotic used in conditions such as tuberculosis (TB)  
Theophylline, a medicine used to treat asthma  
Midazolam, a medicine used to treat sleeping problems (insomnia)  
Buspirone, a medicine used to treat anxiety  
Cholesterol lowering medicines such as simvastatin and atorvastatin  
Aspirin  
Antiviral medicines such as ritonavir, used to treat HIV infections  
Colchicine and sulfapyrazone, medicines used to treat and prevent gout  
Doxorubicin, a medicine used to treat certain cancers

These medicines may be affected by VERPAMIL SR or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Combining alcohol with VERPAMIL SR may make you more drowsy, dizzy or lightheaded. Be careful drinking alcohol while taking VERPAMIL SR.

**If you drink grapefruit juice, tell your doctor or pharmacist before taking VERPAMIL SR.** Grapefruit may increase the chance of developing side effects.

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

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## **How to take VERPAMIL SR properly**

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

**Adults:**

For high blood pressure (hypertension), the usual dose in adults is one VERPAMIL SR 240mg tablet daily. For elderly patients and patients new to verapamil therapy, an initial daily dose of VERPAMIL SR 120mg daily may be appropriate. The maximum dose is one VERPAMIL SR 240mg tablet twice daily.

For prevention of future heart attacks, the usual dose in adults is between 240mg to 480mg VERPAMIL SR daily in 1 or 2 divided doses. The average daily dose is 360mg.

For prevention of chest pains (angina), doses will generally be 120mg to 480mg VERPAMIL SR in 1 or 2 divided doses. The average daily dose is 360mg.

For all conditions, it is advised any single dose should not exceed 240mg.

VERPAMIL SR is not intended for use in children.

Do not halve VERPAMIL SR tablets.

VERPAMIL SR should be taken regularly, preferably with or shortly after meals with some liquid.

When switching from immediate release verapamil to VERPAMIL SR, the total daily dose in milligrams may remain the same.

***How long to take it***

VERPAMIL SR is usually taken as long-term treatment. Keep taking VERPAMIL SR for as long as your doctor recommends.

***If you forget a dose***

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 more than one dose at a time to make up for missed doses.

Taking your medicine at the same time each day may help you to remember to take it regularly. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

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**While you are taking VERPAMIL SR**

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Tell all doctors, dentists and pharmacists who are treating you, that you are taking VERPAMIL SR.

Before you start any new medicine, tell your doctor or pharmacist that you are taking VERPAMIL SR.

Tell your doctor if you develop a skin rash or hives, or you become pregnant while taking VERPAMIL SR.

If you plan to have surgery, tell the surgeon or anaesthetist that you are taking VERPAMIL SR.

If you are going to have any blood tests, tell your doctor that you are taking VERPAMIL SR.

Do not take VERPAMIL SR to treat any other complaints unless your doctor tells you to.

Do not stop taking VERPAMIL SR or lower the dose without first checking with your doctor.

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

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

VERPAMIL SR may cause tiredness, dizziness or lightheadedness in some people. Be careful when driving, operating machinery or performing jobs that need you to be alert, until you are certain that VERPAMIL SR does not affect your performance.

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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 VERPAMIL SR.

All medicines can have some unwanted effects. Sometimes they are serious, but most of the time they are not. You may need medical treatment if you get some of the side effects.

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

- Dizziness, lightheadedness, tiredness
- Headache
- Flushing
- Feeling sick, upset stomach, vomiting
- Constipation
- Ringing ears
- Hair loss
- An increase in the amount you sweat
- Joint or muscle pain

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

- Chest pain, fainting, collapse
- Slow, fast or irregular heart beat
- Shortness of breath, together with swelling of the feet or legs due to fluid build up
- Fever, upper stomach pain, feeling generally unwell
- Severe blisters, skin rash, itching or flaking skin

These side effects are usually rare but can be serious and need urgent medical attention.

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your doctor or pharmacist.

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

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## In case of overdose

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You should only take the number of tablets that you have been told. If you take more than the recommended number of doses of VERPAMIL SR, you may suffer from very low blood pressure and sometimes a slow heart rate. Therefore, it is very important that you take the number of doses prescribed by your doctor. If you experience symptoms such as feeling faint, light-headedness or dizziness, contact your doctor or pharmacist immediately.

**Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any**

**VERPAMIL SR by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the container of VERPAMIL SR with you if you can.

Keep telephone numbers for these places handy.

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## **Storage conditions**

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Do not take this medicine after the expiry date shown on the label or if the packaging shows signs of tampering.

Keep your VERPAMIL SR tablets in the container until it is time to take them.

Store your VERPAMIL SR tablets in a cool dry place below 25°C. Keep out of reach of children. Avoid exposure to heat, light and moisture.

Do not store VERPAMIL SR, or any other medicine, in the bathroom or near a sink.

### ***Disposal***

If your doctor tells you to stop taking VERPAMIL SR or if the tablets have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

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## **Product description**

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### ***What VERPAMIL SR tablets look like***

VERPAMIL SR 120mg tablets are white film coated, round tablets.

VERPAMIL SR 240mg tablets are light green film coated, capsule shaped tablets, marked "VL 240" on one side and "G" on the other side.

### ***Ingredients***

VERPAMIL SR tablets contain the active ingredient, verapamil hydrochloride.

Each VERPAMIL SR 120mg tablet also contains magnesium stearate, hydrogenated castor oil, purified talc, lactose, methacrylic acid copolymer and film coat (hypromellose, diethyl phthalate). The tablets are polished with carnauba wax.

Each VERPAMIL SR 240mg tablet also contains magnesium stearate, sodium alginate, povidone, microcrystalline cellulose, purified talc and film coat (hypromellose, diethyl phthalate, opaspray white and opaspray green). The tablets are polished with carnauba wax.

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## **If you want to know more**

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Should you have any questions regarding this product, please contact your doctor or pharmacist.

### ***Who supplies this medicine***

Distributed in New Zealand by:

Mylan New Zealand Ltd,  
PO Box 11183,  
Ellerslie,  
Auckland.

Telephone: (09) 579 2792

***Date of information***

20 August 2009

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