

LOSTAAR

Losartan potassium

12.5 mg, 25 mg, 50 mg, 100 mg tablets



What is in this leaflet

This leaflet answers some common questions about Lostaar.

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 Lostaar against the benefits it is expected 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.

What Lostaar is used for

Lostaar contains the active ingredient losartan potassium. It belongs to a group of medicines called angiotension II receptor antagonists.

Lostaar is used to

- treat high blood pressure (also known as hypertension)
- to reduce the risk of cardiovascular events such as stroke in patients with high blood pressure and a thickened left ventricle (the main pumping chamber of the heart)
- treat heart failure
- help slow the progression of kidney disease in people who have type 2 diabetes (also known as non-insulin dependent diabetes) with

protein in their urine (also known as proteinuria).

High blood pressure

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, including stroke, heart disease and kidney failure.

Lostaar helps to lower your blood pressure.

Heart failure

Heart failure means that the heart muscle is weak and 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. Heart failure may start off with no symptoms, but as the condition progresses, patients may feel short of breath or may get tired easily after light physical activity such as walking. 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.

How Lostaar works

Lostaar works by blocking the effects of the hormone, angiotensin II. This causes relaxation or

widening of the blood vessels making it easier for your heart to pump blood to all parts of your body. This helps to lower blood pressure.

Lostaar also helps to lower the risk of cardiovascular events in patients with high blood pressure and a thickening of the left ventricle of the heart. In heart failure, this helps the heart to function better. In addition to these blood pressure effects, Lostaar also helps protect your kidneys if you have type 2 diabetes with protein in the urine.

Ask your doctor if you have any questions about why Lostaar has been prescribed for you.

Your doctor may have prescribed it for another reason.

This medicine is available only with a doctor's prescription.

Before you take Lostaar

When you must not take it:

Do not take Lostaar if you have an allergy to:

- any medicine containing losartan
- any of the ingredients listed at the end of this leaflet.

Some of the 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.

Do not take this medicine if you are pregnant.

It may affect your developing baby if you take it during pregnancy.

Do not take this medicine if you have severe liver problems.

You must discuss any liver problems with your doctor, to decide whether Lostaar is an appropriate treatment for you.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it:

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

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

- kidney disease
- liver problems

Do not breast-feed if you are taking Lostaar.

It is not known if the active ingredient, losartan, passes into breast milk.

Tell your doctor if you have recently had excessive vomiting or diarrhoea.

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

Taking other medicines

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

Some medicines and Lostaar may interfere with each other. These include:

- medicines containing potassium, including potassium supplements, salt substitutes

- potassium-sparing diuretics (such as spironolactone, triamterene, amiloride)
- lithium, a medicine used to treat mood swings and some types of depression
- non-steroidal anti-inflammatory drugs (NSAIDs), used to treat pain and inflammation

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

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

How to take Lostaar

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

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the bottle, ask your doctor or pharmacist for help.

How much to take

High Blood Pressure

In most patients with high blood pressure the starting dose is 50 mg once daily. Some patients may however need a lower starting dose. The dose may need to be increased depending on your response. Most patients take between 25 to 100 mg per day.

Heart Failure

The usual starting dose is 12.5 mg once daily and your doctor may gradually increase this dose at weekly intervals. Depending on how you respond, the dose may be increased up to 150 mg once daily.

Type 2 diabetes patients with protein in the urine

The usual starting dose is 50 mg once daily. Depending on how you respond, the dose may be increased to 100 mg once daily.

How to take it

Swallow the tablets whole with a glass of water.

Lostaar 50 mg tablets may be halved if required.

When to take it

Take your medicine at about the same time each day.

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

It does not matter if you take Lostaar with or without food.

How long to take it

Continue taking your medicine for as long as your doctor tells you.

This medicine helps to control your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

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.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too many Lostaar tablets. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are taking Lostaar

Things you must do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Lostaar.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking Lostaar.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.

If you become pregnant while taking this Lostaar, tell your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking this medicine.

Keep all of your doctor's appointments so that your progress can be checked.

Things you must not do

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

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

Do not stop taking your medicine or lower the dosage without checking with your doctor.

Things to be careful of

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

This medicine may cause dizziness or lightheadedness in some people. Make sure you know how you react to Lostaar before you drive a car, operate machinery or do anything else that could be dangerous.

Things that would be helpful for your blood pressure

Some self help measures suggested below may help your condition. Your doctor or pharmacist

may give you more information about these measures.

- **Alcohol**
Your doctor may recommend you limit your alcohol intake.
- **Diet**
Eat a healthy diet which includes plenty of fresh vegetables, fruit, breads, cereals and fish. Eat less sugar and fat.
- **Exercise**
Before starting any exercise, ask your doctor about the best kind of programme for you. Regular exercise helps to reduce blood pressure and helps the heart get fitter however it is important not to overdo it. Walking is recommended, but try to find a route that is fairly flat.
- **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 in cooking or at the table. **Do not use salt substitutes.** Salt substitutes are not suitable to use when you are taking Lostaar.
- **Smoking**
Your doctor may advise you to cut down or stop smoking.
- **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.

Side effects

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

This medicine helps most people with high blood pressure but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- headache
- dizziness, lightheadedness
- tiredness
- aching muscles or joints not caused by exercise
- inability to get or maintain an erection
- migraine
- change in your sense of taste
- cough
- increased sensitivity of the skin to the sun, rash or itchy skin

Tell your doctor as soon as possible if you notice any of the following:

- yellowing of the skin and eyes and dark coloured urine with nausea, vomiting and generally feeling unwell
- bleeding or bruising more easily than normal

The above list includes serious side effects that may require medical attention. Serious side effects are rare.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- severe and sudden onset of pinkish, itchy swellings on the skin, also called hives or nettle rash

The above list includes very serious side effects. If you experience them, you may have had a serious allergic reaction. You may need urgent medical attention or hospitalisation. These side effects are very rare.

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

Other side effects not listed above may also occur in some people.

After using Lostaar

Storage

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

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

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

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

Heat and dampness can destroy some medicines.

Keep Lostaar 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.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like

Lostaar 12.5 mg - White, round, film coated tablets debossed with "L" on one side and "M" on the other side.

Lostaar 25 mg - White, oval shaped, film coated tablets debossed with "LN25" on one side and "M" on the other side.

Lostaar 50 mg - White, oval shaped, film coated tablet debossed with "LN" and "50" on either side of score line on one side of the tablet and "M" on the other side.

Lostaar 100 mg - White, tear drop shaped, film coated tablets debossed with "LN100" on one side and "M" on the other side.

Ingredients

Lostaar tablets contain 12.5 mg, 25 mg, 50 mg or 100 mg of losartan potassium as the active ingredient.

The tablets also contain:

- lactose
- microcrystalline cellulose
- pregelatinised starch
- magnesium stearate
- hydroxypropyl cellulose (film coat)
- hypromellose (film coat)
- titanium dioxide (film coat)

Lostaar tablets do not contain sucrose, gluten, tartrazine or any other azo dyes.

If you want to know more

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

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

23 November 2011
(Based on datasheet dated 23 November 2011)