DYNACIRC SRO®
2.5mg and 5mg Capsule
Isradipine

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about Dynacirc SRO.

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

The information in this leaflet was last updated on the date listed on the final page. More recent information on the medicine may be available.

You should ensure that you speak to your pharmacist or doctor to obtain the most up-to-date information on the medicine. You can also download the most up-to-date leaflet from www.medsafe.govt.nz

Those updates may contain important information about the medicine and its use of which you should be aware.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medicine 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.

What Dynacirc SRO is used for

Dynacirc SRO is used to control high blood pressure, also called hypertension.

It belongs to a family of medicines called "calcium channel blockers". These medicines lower blood pressure by relaxing blood vessels, and increase the supply of blood and oxygen to the heart while reducing its workload.

Ask your doctor if you have any questions about why this medicine has been prescribed for you. Your doctor may have prescribed it for another purpose.

There is not enough information to recommend the use of Dynacirc SRO in children.

This medicine is only available with a doctor's prescription. It is not habit-forming.

Tell your doctor if you are pregnant, or intend to become pregnant. There is limited experience using Dynacirc SRO in pregnant women.

As a rule Dynacirc SRO will not be used during pregnancy unless your doctor decides that it should be. Your doctor will tell you about the potential risks involved in taking Dynacirc SRO during pregnancy.

Do not breastfeed during treatment with Dynacirc SRO. If you are breastfeeding, ask your doctor for advice.

Do not take Dynacirc SRO if you have liver disease caused by a blockage in the bile duct or any other severe liver disease. Dynacirc SRO is not appropriate in that case.

Do not take Dynacirc SRO after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering. In that case, return it to your pharmacist.

Before you take Dynacirc SRO

When you must not take it

Do not take Dynacirc SRO if you have ever had an allergic reaction after taking:
- isradipine (the active ingredient in Dynacirc SRO)
- any of the other ingredients listed at the end of this leaflet
- if you have had an allergy in the past to any other calcium channel blockers.
- if you have severe chest pain (angina) or a serious heart problem (cardiogenic shock)
- if you experience myocardial infarction (heart attack)

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.

Tell your doctor if you have any of the following health problems/medical conditions:
- serious heart disease
- any kidney problems
- liver disease
- sick sinus syndrome (who are not fitted with a pacemaker)
- low blood pressure

Your doctor may want to take special precautions if you have any of the above conditions.

Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.

Your doctor will want to know if you...
are prone to allergies.

If you have not told your doctor about any of these things, tell him/her before you take Dynacirc SRO.

**Taking other medicines**

Tell your doctor or pharmacist if you are taking any other medicines, including medicines that you buy without a prescription from a pharmacy, supermarket or health food shop. Other medicines may be affected by Dynacirc SRO or they may affect how well Dynacirc SRO works. You may need to take different amounts of your medicines or you may need to take different medicines.

Tell your doctor or pharmacist if you are taking or have recently taken, any other medicines. It is also important for your doctor to know if you are taking any of the following:

- any other heart medication
- anticonvulsants (medicines such as phenytoin, that are used for epilepsy)
- medication for stomach ulcer (such as cimetidine)
- antibiotics (such as rifampicin, erythromycin, clarithromycin)
- medication for HIV/AIDs
- oral medication for treatment of fungal infection (such as ketoconazole)
- phenobarbital

Your doctor and pharmacist have a more complete list of medicines to be careful of while taking Dynacirc SRO.

**Taking Dynacirc SRO with food and drink**

Do not drink grapefruit juice during use of Dynacirc SRO. It may increase the amount of Dynacirc SRO in the blood, possibly to a harmful level.

**How to take Dynacirc SRO**

Follow carefully all directions given to you by your doctor and pharmacist. These instructions may differ from the information contained in this leaflet.

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

**How much to take**

The usual starting dose is one 5mg SRO capsule once a day for mild to moderate hypertension.

Your doctor may decide that one 2.5 mg SRO capsule once a day is the right starting dose for you, particularly if you are elderly or have a liver or kidney problem.

**When to take it**

Take the SRO capsules at the same time each day with a glass of water. Do not chew the SRO capsules. This also helps you remember to take it, especially if you take it as part of your usual routine (e.g. at breakfast time).

**How to take it**

Swallow the SRO capsule with a full glass of water.

**How long to take it**

It will take at least 4 weeks for this medicine to have its full effect. After that, it can be continued for as long as needed.

**If you forget to take it**

If it is almost time for your next dose, skip the missed dose and take the next one when you are meant to.

Otherwise, take the dose as soon as you remember and then go back to taking it as you would normally.

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

This may increase the chance of side effects.

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

**If you take too much (Overdose)**

Immediately telephone your doctor or the National Poisons Centre Dunedin (telephone number: 0800 POISON or 0800 764 766) for advice, or go to the Accident and Emergency Department at your nearest hospital if you think that you or anyone else may have taken too much Dynacirc SRO. Do this even if there are no signs of discomfort or poisoning.

Keep the telephone numbers for these places handy.

Too much Dynacirc SRO may make you feel dizzy, lightheaded or faint. Your heartbeat may be faster than usual. This is because your blood pressure is too low.

**While you are taking Dynacirc SRO**

**Things you must do**

If you become pregnant or intend to become pregnant while taking Dynacirc SRO, tell your doctor immediately.

There is limited experience using Dynacirc SRO in pregnant women. You should not take this medicine while you are pregnant unless your doctor tells you to.

Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed. Otherwise your doctor may think that it was not effective and change your treatment unnecessarily.

Be sure to keep all of your doctor’s appointments so that your progress can be checked. Do this even if you feel well.
It is important to keep track of your progress. Your doctor will want to check your blood pressure and your kidney and liver function from time to time.

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

Tell any other doctor, dentist or pharmacist who treats you that you are taking Dynacirc SRO.

Things you must not do

Do not use Dynacirc SRO to treat any other complaints unless your doctor says you can.

Do not give this medicine to anyone else, even if their condition seems to be similar to yours.

Things to be careful of

Be careful driving, operating machinery or doing jobs that require you to be alert while you are taking Dynacirc SRO until you know how it affects you. This medicine can cause dizziness in some people. If you have these symptoms, do not drive or do anything else that could be dangerous.

If this medicine makes you feel dizzy or light-headed, be careful when getting up from a sitting or lying position. Dizziness can usually be prevented by getting up slowly and flexing leg muscles and toes to get the blood flowing. When getting out of bed, dangle your legs over the side for a minute or two before standing up.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Dynacirc SRO, even if you do not think it is connected with the medicine. All medicines can have side 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.

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

Tell your doctor if you notice any of these side effects and they worry you:

- flushing
- headache
- swelling around ankles, feet or lower legs
- dizziness, light-headedness, spinning sensation (vertigo)
- sleepiness, tiredness or weakness
- nausea (feeling sick), vomiting, loss of appetite, stomach pains or indigestion
- cough
- pain in the back or joints
- muscle pain or cramps
- difficulty sleeping
- feeling anxious, nervousness
- tingling or numbness in the hands or feet
- problems with sexual function
- high urine output
- weight gain
- decreased skin sensitivity
- tender bleeding or enlarged gums
- breast enlargement in men
- dry mouth
- constipation, diarrhoea

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

- signs of allergy such as rash, itching or hives on the skin; swelling of the face, lips, tongue or other part of the body; shortness of breath, wheezing or troubled breathing
- sudden or oppressive chest pain, breathlessness, difficulty breathing when lying down, swelling of the feet or legs, irregular heart beat
- severe dizziness or fainting
- yellowing of the skin and eyes, nausea, loss of appetite and light coloured urine
- spontaneous bleeding or bruising
- fever, sore throat or mouth ulcers due to infections
- low level of red blood cells (anaemia)
- depression, vision disorder, blurred vision
- paralysis of limbs, or face, difficulty speaking, sudden loss of consciousness.

The above side effects may be serious. You may need urgent medical attention.

Tell your doctor if you notice anything else that is making you feel unwell. Some people may get other side effects of Dynacirc SRO.

After using Dynacirc SRO

Storage

- Keep your capsules in the original container until it is time to take them.
- Store them in a cool dry place (room temperature).
- Do not store Dynacirc SRO or any other medicine in the bathroom or near a sink.
- Do not leave the capsules in the car or on window sills.

Heat and dampness can destroy some medicines. Dynacirc SRO will keep well if it is cool and dry.

Keep the capsules where children cannot reach them. 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 Dynacirc SRO, or the capsules have passed their expiry date, ask your pharmacist what to do with any that are left over.

Product description
What it looks like

Dynacirc SRO 2.5 mg capsules are oblong, buff in colour and 15mm long. The capsule markings are: Lomir SRO 2.5mg in grey on the capsule body and the Sandoz logo in grey on the capsule cap.

Dynacirc SRO 5 mg capsules are oblong, cream in colour and 15mm long. The capsule markings are: Lomir SRO 5mg in red on the capsule body and the Sandoz logo in red on the capsule cap.

Ingredients

Each SRO capsule of Dynacirc contains the active ingredient, Isradipine. It also contains:

- Cellulose, microcrystalline
- Cetyl palmitate
- Gelatine
- Iron oxide black – 2.5mg only
- Iron oxide red – 5mg only
- Iron oxide yellow
- Magnesium stearate
- Methylhydroxypropylcellulose
- Shellac
- SilicaColloidal anhydrous
- Titanium dioxide

Sponsor

Dynacirc SRO is supplied in New Zealand by:

NOVARTIS New Zealand Limited
109 Carlton Gore Road
Newmarket
Auckland 1023

PO Box 99102
Newmarket
Auckland 1149
Telephone 0800 354 335

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This leaflet was prepared in October 2014 based on the currently approved data sheet.