

# CONSUMER MEDICINE INFORMATION

## LISINOPRIL (TEVA)

Lisinopril 5 mg, 10 mg and 25 mg tablet

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### What is in this leaflet

This leaflet answers some common questions about Lisinopril (Teva). 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 Lisinopril (Teva) against the benefits expected 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 Lisinopril (Teva) is used for

Lisinopril (Teva) is used to lower high blood pressure, which doctors called hypertension. It is also used to treat heart failure and patients who have just had a heart attack.

Lisinopril (Teva) belongs to a group of medicines called angiotensin converting enzyme (ACE) inhibitors.

**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.

Lisinopril (Teva) is available on prescription from your doctor.

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### Before you take Lisinopril (Teva)

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

#### **Do not take Lisinopril (Teva) if you:**

- have an allergy to Lisinopril (the active ingredient) or any of the other ingredients of Lisinopril (Teva) listed at the end of this leaflet.
- have taken any medicines called 'ACE inhibitors' before and have had allergic reactions with swelling of the hands, feet, or ankles, the face, lips, tongue and/or throat with difficulty in swallowing or breathing or if you or a member of your family have had a similar reaction.
  - If you or a family member has had an allergic reaction to an ACE inhibitor before, you may be allergic to lisinopril.
- or a member of your family has a history of swelling of the face, lips, tongue, throat, hands or feet, for no apparent reason.

- Some of the symptoms of an allergic reaction to lisinopril may include skin rash, itchiness, difficulty breathing or swallowing, or swelling of the face, lips, tongue or throat.
- are undergoing haemodialysis
- are taking a blood pressure medicine containing aliskiren and you have diabetes mellitus
- are taking a blood pressure medicine containing aliskiren and you have kidney problems

**Do not take this medicine 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 start to take it***

**Tell your doctor if you have any of the following health problems/medical conditions:**

- kidney problems, or are undergoing dialysis
- low blood pressure (you may notice this as faintness or dizziness, especially when standing)
- liver problems
- diabetes
- aortic stenosis (narrowing of the aorta), renal stenosis (narrowing of the renal artery) or hypertrophic cardiomyopathy (an increase in the thickness of the heart muscle)
- diarrhoea or vomiting
- take any medicines for any other condition
- if you are following a very low salt diet
- if you are going to receive desensitisation treatment for an allergy, e.g. to insect stings
  - The desensitisation treatment reduces the effects of the allergy (e.g. bee or wasp stings) but sometimes it can cause a more severe allergic reaction if you are taking an ACE inhibitor during the desensitisation treatment.
- if you are taking medicines called mTOR inhibitors (such as temsirolimus, everolimus, sirolimus) or medicines containing NEP inhibitors (such as racecadotril).
  - Taking these medicines with lisinopril may increase the risk of angioedema. Signs of angioedema include swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing.

Your doctor may not want you to take this medicine or may want to take special precautions if you have any of the above conditions.

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

**Lisinopril should not be taken if you are pregnant.**

**Tell your doctor if you are breastfeeding or plan to breast-feed.**

Breast-feeding is not recommended while you are taking Lisinopril (Teva). The active ingredient passes into the breast milk and could affect your baby.

**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.

***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.**

Some medicines and Lisinopril (Teva) may interfere with each other. These include:

- medicines used to treat high blood pressure or heart problems called angiotensin II receptor blockers, such as candesartan, valdesartan, telmisartan, olmesartan or irbesartan
- other medicines used to treat high blood pressure, including any that contain aliskiren (see also information under the heading "When you must not take it")
- diuretic tablets – also called fluid or water tablets
- lithium, a medicine used to treat some types of mental disorders
- potassium tablets, salt substitutes containing potassium or other medicines which can increase potassium in your body
- non-steroidal anti-inflammatory medicines used to treat arthritis and muscle pain, such as indomethacin, naproxen or ibuprofen
- heparin, a medicine used to prevent blood clots
- a medicine used to treat infection containing sulfamethoxazole and trimethoprim, also known as co-trimoxazole
- gold injections (such as sodium aurothiomalate) usually used to treat rheumatoid arthritis
- insulin or other medicines used to treat diabetes
- medicines used to break down blood clots such as alteplase or reteplase

- medicines called mTOR inhibitors (such as temsirolimus, everolimus, sirolimus) or medicines containing NEP inhibitors (such as racecadotril)

**If you have not told your doctor about any of these things, tell him/her before you start taking this medicine.**

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## **How to take Lisinopril (Teva)**

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

They 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***

Your doctor will tell you how many tablets you need to take each day. This depends on your condition and whether you are taking other medicines.

**Take Lisinopril (Teva) only when prescribed by your doctor.**

### ***When to take it***

Lisinopril (Teva) should be used at about the same time each day. Taking your tablet(s) at the same time each day will have the best effect. It will also help you remember when to take the tablets.

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

**Swallow the tablets with a full glass of water. It does not matter if you take Lisinopril (Teva) before or after food.**

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

**Take this medicine until your doctor tells you to stop treatment.**

Lisinopril (Teva) helps control your high blood pressure and helps improve your heart failure, but does not cure it. Therefore, you must take Lisinopril (Teva) every day.

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

**Lisinopril (Teva) should be used regularly at the same time each day.**

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

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

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

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## **While you are taking Lisinopril (Teva)**

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### ***Things you should do***

**Have your blood pressure checked when your doctor says to make sure Lisinopril (Teva) is working.**

### **Call your doctor straight away if you:**

- feel any light-headedness or dizziness after you take your first dose of Lisinopril (Teva) or if your dose is increased
  - This is especially important if you are taking Lisinopril (Teva) for heart failure
- feel light-headed, dizzy or faint, and this problem gets worse or continues
  - Get up slowly when getting out of bed or standing up
  - You may feel light-headed or dizzy, especially if you are also taking a diuretic (fluid tablet). This is because your blood pressure is falling suddenly.
  - Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure
- become pregnant while taking Lisinopril (Teva)
- are about to be started on any new medicine
- plan to have surgery (even at the dentist) that needs a general anaesthetic
  - Your blood pressure may drop suddenly during surgery
- have excessive vomiting and/or diarrhoea while taking Lisinopril (Teva)
  - This can result in you losing too much water and may drop your blood pressure too much

### **Things you must do**

- Make sure you drink enough water during exercise and hot weather when you are taking Lisinopril (Teva), especially if you sweat a lot.
  - If you do not drink enough water while taking Lisinopril (Teva), you may faint or feel light-headed or sick. This is because your blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.
- Go to your doctor regularly for a check-up.
  - Your doctor may occasionally do a blood test to check your potassium level in the blood and see how your kidneys are working.

Remind any doctor, dentist or pharmacist you visit that you are using Lisinopril (Teva).

### **Things you should not do**

- **Do not take Lisinopril (Teva) to treat any other complaints unless your doctor tells you to.**
- **Do not give Lisinopril (Teva) to anyone else, even if they have the same condition as you.**

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

**Be careful driving, operating machinery or doing jobs that require you to be alert while you are taking Lisinopril (Teva) until you know how it affects you.**

This medicine may cause dizziness in some people, especially after the first dose or if the dose is increased. Make sure you know how to react to Lisinopril (Teva) before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy or light-headed. If you drink alcohol, dizziness or light-headedness may be worse.

**Tell your doctor if you drink alcohol.** Your doctor may advise you to limit your alcohol intake.

### **Things that would be helpful for your blood pressure or heart failure**

Some self-help measures suggested below may help your condition. Talk to your doctor or pharmacist about these measures and for more information.

- Diet - eat a healthy diet, which includes plenty of fresh vegetables, fruit, bread, cereals and fish. Also eat less fat and sugar.
- Exercise - regular exercise helps to reduce blood pressure and helps the heart get fitter, but it is important not to overdo it. Walking is good exercise, but try to find a route that is fairly flat. Before starting any exercise, ask your doctor about the best kind of programme for you.
- 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.
- Smoking - your doctor may advise you to stop smoking or at least cut down.
- 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. Some people may need a dietitian's help to lose weight.

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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 Lisinopril (Teva).**

All medicines can have side effects.

Sometimes they are serious, 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 these lists of possible side effects. You may not experience any of them. Ask your doctor or pharmacist to answer any questions you may have.**

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

- Gut related – mild stomach upsets such as feeling sick, diarrhoea or stomach pains
- Respiratory or breathing related – dry cough, running nose or sinus pain, changes in the way things smell
- Other – impotence, light-headedness or dizziness, headache, fatigue, hair loss or thinning, changes in the way things taste, feeling sleepy or difficulty in going to sleep, strange dreams

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

- Allergic reaction-related:
  - Changes in the way our heart beats, for example, if you notice it beating faster
  - Yellowing of the skin and/or eyes, also called jaundice
  - Tingling or numbness of the hands and feet
  - Severe abdominal pain
- Skin related – itchy skin rash, psoriasis or other skin problems
- Signs of frequent or worrying infections such as fever, severe chills, sore throat or mouth ulcers
- Passing less urine than is normal for you
- Bruising more easily than normal
- Signs of dehydration such as nausea, vomiting, muscle cramps, headache, drowsiness and tiredness
- Seeing, feeling or hearing things that are not there

**Stop taking this medicine and tell your doctor immediately, or go to Accident and Emergency at your nearest hospital**

- Chest pain, angina

- Swelling of the face, lips, mouth, tongue or throat, which may cause difficulty in swallowing or breathing
- Wheeziness due to tightness in the chest, difficulty breathing
- Collapse, numbness or weakness of arms or legs
- Pinkish, itchy swellings on the skin, also called hives or nettle rash
- Fainting

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

Some people may have other side effects not yet known or mentioned in this leaflet.

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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.

**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 Lisinopril (Teva) by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

Take the pack of Lisinopril (Teva) 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 pack/blister strip or if the packaging shows signs of tampering.

Keep your Lisinopril (Teva) tablets in the blister pack until it is time to take them.

Store below 25°C and out of reach of children. Avoid exposure to heat, light and moisture.

Do not store Lisinopril (Teva), or any other medicine, in the bathroom or near a sink.

### ***Disposal***

If your doctor tells you to stop taking Lisinopril (Teva) 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 Lisinopril (Teva) tablets look like***

Lisinopril (Teva) 5 mg has a break line, is a light pink coloured, circular, biconvex uncoated tablet with '5' on one side and 'BL' on the other side.

Lisinopril (Teva) 10 mg is a light pink coloured, circular, biconvex uncoated tablet with '10' on one side and 'BL' on the other side.

Lisinopril (Teva) 20 mg is a pink coloured, circular, biconvex uncoated tablet with '20' on one side and 'BL' on the other side.

### ***Ingredients***

Calcium hydrogen phosphate dihydrate

Magnesium stearate

Maize starch

Mannitol

Ferric oxide red

**The tablets are gluten free.**

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

Distributed in New Zealand by:

Teva Pharma (New Zealand) Limited

PO Box 128 244

Remuera

Auckland 1541

Telephone: 0800 800 097

### ***Date of information***

21 November 2025

(Based on the data sheet dated 21 November 2025).