

DIURIN 40

Furosemide tablets 40 mg



What is in this leaflet

This leaflet answers some common questions about DIURIN.

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 you taking DIURIN 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 with the medicine. You may want to read it again.

What DIURIN is used for and how it works

Your DIURIN tablets contain the active ingredient furosemide. It belongs to a group of medicines known as diuretics. These medicines reduce the amount of excess fluid in the body by increasing the amount of urine produced.

DIURIN is used to treat patients with oedema (swelling of the ankles, feet, leg or even the brain or lungs due to excess fluid) caused by various conditions such as congestive heart failure, liver or kidney problems.

DIURIN is also used to treat hypertension (high blood pressure).

Everyone has blood pressure. This pressure helps move your blood 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.

If high blood pressure is not treated it can lead to serious health problems, including stroke, heart disease and kidney failure.

It may be used alone or in combination with other medicines to treat this condition.

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

There is no evidence that DIURIN is addictive.

DIURIN is only available on prescription from your doctor.

Before you take DIURIN

When you must not take it

Do not take DIURIN if you:

- **are allergic to furosemide**
- **are allergic to medicines which contain sulphur, such as sulphur antibiotics (sulphonamides) or some medicines used to treat diabetes (sulphonylureas)**
- **are allergic to any of the ingredients listed at the end of this leaflet**

- **have severe kidney problems**
- **have liver problems**
- **are severely dehydrated**
- **have no production or no passing of urine**
- **have low blood pressure (hypotension)**
- **have low sodium or potassium levels in your blood**
- **are pregnant or breast feeding.**

Symptoms of an allergic reaction may include skin rash, itching or hives, swelling of the face, lips or tongue that may cause difficulty in swallowing or breathing, wheezing or shortness of breath.

Do not give to children unless prescribed by your doctor.

Before you start to take it

Tell your doctor if you:

- are allergic to other medicines which contain sulphur, such as sulphur antibiotics (sulphonamides) and some medicines used to treat diabetes (sulphonylureas)
- are allergic to any other substances, such as foods, dyes or preservatives.

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

Like most medicines of this kind, furosemide is not recommended to be used during pregnancy. If there is a need to consider taking furosemide during your pregnancy your doctor will discuss the risks and benefits if taking it if you are pregnant.

Tell your doctor if you are breast feeding or plan to breast feed.

Furosemide passes into breast milk and there is a possibility your baby may be affected. Furosemide also affects the production of breast milk. It is not recommended to breastfeed while taking furosemide.

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

- liver or kidney problems
- any heart problems
- high cholesterol levels
- diabetes
- any urinary problems
- prostate problems
- gout, a disease with painful, swollen joints
- Systemic Lupus Erythematosus (SLE), a disease affecting the skin, joints and kidneys
- passing less urine than normal
- difficulty passing urine
- no production or no passing of urine
- are about to have elective surgery
- are on a salt restricted diet.

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

Taking other medicines

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

Some medicines may be affected by DIURIN, or may affect how well it works. These include:

- some medicines used to treat diabetes
- antibiotics, medicines used to treat infections (e.g. aminoglycosides and certain cephalosporins such as cephaloridine)
- certain other fluid tablets or diuretics

- medicines used to treat high blood pressure and certain heart conditions, especially ACE inhibitors or angiotensin receptor antagonists
- digoxin and other medicines used to treat heart failure
- medicines used to relieve pain, swelling and other symptoms of inflammation, including arthritis, such as non-steroidal anti-inflammatory drugs (NSAIDs) and salicylates (e.g. acetylsalicylic acid)
- muscle relaxants such as tubocurarine, succinylcholine, used to relax muscles before or during surgery
- steroid medicines, such as cortisone, prednisone, dexamethasone
- lithium, a medicine used to treat mood swings and some types of depression
- adrenaline and noradrenaline, medicines used in emergency situations
- amphotericin, a medicine used to treat fungal infections
- cisplatin, a medicine used to treat cancer
- theophylline, a medicine used to treat asthma
- probenecid, a medicine used to treat gout
- large amounts of laxatives
- methotrexate, a medicine used to treat arthritis and some types of cancers
- sucralfate, a medicine used to treat stomach and intestinal ulcers
- anticonvulsant medicines such as choral hydrate, phenytoin
- ciclosporin, a medicine following organ transplants
- risperidone an antipsychotic medicine used to treat a number of different conditions
- barbiturates, medicines used to treat epilepsy, produce calmness, or to help you sleep
- narcotic/strong pain killers such as codeine and morphine

- medicines used to treat thyroid conditions, such as levothyroxine
- medicines used during scans to see images of your body.

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

You should not eat large amounts of liquorice when you are taking DIURIN.

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

Ask your doctor or pharmacist if you are not sure about this list of medicines.

How to take DIURIN properly

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 printed on the label, ask your doctor or pharmacist for help.

How much to take

Do not take more than the recommended dose.

The usual dose is between 20 mg and 80 mg, given as a single daily dose. Your doctor may increase or decrease this dose depending on your condition and how well you respond to this medicine.

The dose in children is usually less than this. The dose will be calculated by your doctor and will depend on the weight of the child.

There are no special dosage recommendations for the elderly.

How to take it

Swallow the tablets with a glass of water.

Take the tablets on an empty stomach, for example 1 hour before food or 2 hours after food, as food may interfere with the absorption of DIURIN.

If your doctor has prescribed DIURIN tablets to be taken once a day, it is best taken in the morning, for example, before breakfast.

If you are taking DIURIN more than once a day take your first dose before breakfast and your last dose around 2.00 pm (both doses on an empty stomach), unless your doctor has told you otherwise.

DIURIN may increase the amount of urine you pass. It will also increase the number of times you need to go to the toilet. By taking your last dose around 2.00 pm there may be less chance that your sleep is disturbed.

How long to take it

Continue taking DIURIN for as long as your doctor tells you to.

If you forget to take it

If you forget to take your DIURIN tablets and 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 it as you would normally.

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

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

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.

While you are taking DIURIN

Things you must do:

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

Tell your doctor or pharmacist that you are taking DIURIN before you start any new medicine.

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

If you are going to have surgery that needs a general anaesthetic tell your doctor or dentist that you are taking DIURIN. Your blood pressure may suddenly drop.

If you are going to have any blood or urine tests, tell your doctor that you are taking DIURIN. There may be some interference with the results of these tests.

Make sure you drink enough water during any exercise and during hot weather when you are taking DIURIN, especially if you sweat a lot. If you do not drink enough water while taking DIURIN you may feel faint or light-headed or sick. This is because your blood pressure is dropping suddenly and you are dehydrating. If you continue to feel unwell, tell your doctor.

Things you must not do

Do not take DIURIN to treat any other conditions unless your doctor tells you to.

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

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

Things to be careful of

If you feel light-headed, dizzy or faint, get up slowly when getting out of bed or standing up. You may feel light-headed or dizzy when you begin to take DIURIN. This is because your blood pressure is falling suddenly. Standing up slowly especially when you get up from beds or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

Be careful when driving, operating machinery or performing jobs that need you to be alert, until you are certain that DIURIN does not affect your performance. Diuretic medicines may cause dizziness or light-headedness in some people.

If this occurs do not drive.

Be careful drinking alcohol while taking DIURIN. If you drink alcohol or take strong painkillers, it may make some of the dizziness or light-headedness worse.

Your doctor may suggest that you avoid alcohol completely or reduce the amount of alcohol you drink while you are taking DIURIN.

If you are taking DIURIN for a long period of time you should check with your doctor to determine whether you should eat more potassium containing foods such as lean meat, bananas, potatoes, tomatoes, cauliflower, spinach, dried fruit; or take potassium supplements. Increasing the amount of potassium in your diet may not be necessary and could be harmful.

DIURIN may cause your skin to become more sensitive to the sun. If this happens you should take care to wear protective clothing including a sun hat and sun block when you are outside.

Do not eat large amounts of liquorice when you are taking DIURIN.

Things that may help your condition

Some self-help measures suggested below may help your condition.

- alcohol - your doctor may advise you to limit your alcohol intake
- 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 reduce blood pressure and helps the heart get fitter, but it is important not to overdo it. Walking is a good exercise, but try to find a route that is fairly flat. Before starting any exercise, ask your doctor about the best kind of program for you
- salt - if you have high blood pressure, 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 to cut it down
- weight - your doctor may suggest that you lose 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 dietician's help to lose weight.

Talk to your doctor or pharmacist about these measures and for more information.

Side effects

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

All medicines can have some unwanted effects. Sometimes they are serious, most of the time they are not. Your doctor has weighed the risks of using this medicine against the benefits he/she expects it will have for you.

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

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

- headache
- dizziness or light-headedness
- restlessness
- very dry mouth or unusual thirst
- weight loss, loss of appetite
- weakness, drowsiness, tiredness or lack of energy
- numbness or tingling in the hands or feet
- muscle pains, weakness cramps or calf muscle spasms
- blurred or impaired vision
- ringing or buzzing in the ears
- nausea, vomiting, diarrhoea,
- fever
- confusion
- passing more urine than normal.

These are the more common side effects of furosemide. Mostly they are mild or short-lived.

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

- irregular or fast heart beat
- gout, a disease with painful, swollen joints
- dark coloured urine
- severe dizziness or a spinning sensation

- severe stomach pain with nausea and vomiting
- increased sensitivity to sunlight
- flaking or peeling of the skin
- signs of frequent infections such as fever, chills, sore throat or mouth ulcers
- bruising or bleeding more easily than normal, nose bleeds
- symptoms of anaemia such as tiredness or weakness, shortness of breath when exercising, dizziness and looking pale
- loss of control of your bladder or bowels (incontinence)
- deafness or ringing in the ears.

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

- sudden or severe itching, skin rash, hives, flaking or peeling of the skin, sometimes accompanied by fever, sore throat, headache and/or diarrhoea
- swelling of the face, lips, mouth or throat which may cause difficulty swallowing or breathing
- yellowing of the eyes or skin (jaundice)
- severe chest pain
- fainting or having a rapid, weak pulse
- loss of hearing
- lockjaw.

These side effects are rare but serious. You may 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.

Some of the side effects (for example, increased cholesterol, changes to kidney function, or changes to blood sugar) can only be found when your doctor does tests from time to time to check your progress.

In case of overdose

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

Keep telephone numbers for these places handy.

Storage conditions

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

Keep your DIURIN tablets in the container 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 DIURIN, or any other medicine, in the bathroom or near a sink.

Disposal

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

Product Description

What DIURIN tablets look like

DIURIN tablets are off-white, flat, round tablets. Marked "F" scoreline "40" on one side, and blank on the other side.

Each DIURIN tablet contains the active ingredient, furosemide.

Each DIURIN tablet also contains lactose monohydrate, maize starch, povidone and magnesium stearate.

DIURIN is gluten-free.

If you want to know more

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,
P O Box 11183,
Ellerslie,
Auckland.

Telephone: (09) 579 2792

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