

## VERPAMIL SR

*Verapamil SR tablets 120mg and 240mg*



### What is in this leaflet

This leaflet answers some common questions about VERPAMIL SR.

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 VERPAMIL SR 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 VERPAMIL SR is used for

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.

VERPAMIL SR is used to treat

- High blood pressure (hypertension)
- Heart and chest pain brought on, for example, by exercise or stress (known as angina pectoris)
- Long-term prevention of future heart attacks

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.

**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 reason.

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

### Before you take VERPAMIL SR

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

**Do not take VERPAMIL SR if you have an allergy to:**

- any medicine containing verapamil.
- 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 give this medicine to a child.** Safety and effectiveness in children have not been established.

**Do not take VERPAMIL SR if 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.**

**Do not take VERPAMIL SR if you have low blood pressure, known as hypotension.**

**Do not take VERPAMIL SR if you are taking ivabradine, a medicine used to treat chest pain.**

**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:**

- any other heart problems
- liver problems
- kidney problems
- muscle conditions such as myasthenia gravis, Lambert-Eaton syndrome or advanced Duchenne’s muscular dystrophy

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

VERPAMIL SR may affect your developing baby if you take it during pregnancy. Your doctor can discuss with you the risks and benefits involved.

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

The active ingredient in VERPAMIL SR passes into breast milk. Your doctor can discuss with you the risks and benefits involved.

**If you have not told your doctor about any of the above, tell him/her before you start taking VERPAMIL SR.**

## ***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 VERPAMIL SR may interfere with each other. These 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 or Digitoxin, medicines 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
- 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, phenobarbitone 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, lovastatin and atorvastatin
- Aspirin, dabigatran or other medicines which affect the clotting of your blood

- Antiviral medicines such as ritonavir, used to treat HIV infections
- Colchicine and sulfinpyrazone, medicines used to treat and prevent gout
- Doxorubicin, a medicine used to treat certain cancers
- Almotriptan, a medicine used to treat migraine
- St. John's Wort, a product used to elevate mood

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.

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

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## **How to take VERPAMIL SR**

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**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***

#### **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 daily 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.**

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

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

**Swallow the tablets whole with a full glass of water.**

### ***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.

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

### ***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 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.**

This may increase the chance of you getting an unwanted side effect.

**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 much VERPAMIL SR. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Symptoms of an overdose may include feeling faint, light-headedness, dizziness or chest pain.

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## **While you are taking VERPAMIL SR**

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### ***Things you must do***

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

**Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.**

**If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine.** It may affect other medicines used during surgery.

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

**If you are about to have any blood tests, tell your doctor that you are taking this medicine.** It may interfere with the results of some tests.

**Keep all of your doctor's appointments so that your progress can be checked.** Your doctor may ask you to have blood tests from time to time.

### ***Things you must not do***

**Do not take VERPAMIL SR 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***

**Grapefruit juice should be avoided while taking VERPAMIL SR.**

Grapefruit juice contains one or more components that alter the metabolism of some medicines, including VERPAMIL SR.

**Be careful driving or operating machinery until you know how VERPAMIL SR affects you.**

This medicine may cause tiredness, dizziness or light-headedness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

**Be careful when drinking alcohol while you are taking this medicine.**

If you drink alcohol, dizziness or light-headedness may be worse.

**If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.**

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. If this problem continues or gets worse, talk to your doctor.

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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.**

This medicine helps most people with high blood pressure or heart and chest pain 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:**

- Dizziness, light-headedness, 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 as soon as possible 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
- Skin rash, itching or flaking skin
- Severe blisters and bleeding in the lips, eyes, mouth, nose and genitals

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.

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## **After taking VERPAMIL SR**

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### ***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 VERPAMIL SR 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 it 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.**

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## **Product description**

### ***What it looks like***

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

VERPAMIL SR 240mg tablets are light green film coated, capsule shaped tablets.

### ***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
- Hypromellose (Film coat)
- Diethyl phthalate (Film Coat).

The tablets are polished with carnauba wax.

VERPAMIL SR 120mg tablets are gluten free.

Each VERPAMIL SR 240mg tablet also contains:

- Magnesium stearate
- Sodium alginate
- Povidone
- Microcrystalline cellulose
- Purified talc
- Polyvinyl alcohol (Film coat)

- Titanium dioxide (Film coat)
- Talc (Film coat)
- Macrogol (Film coat)
- D&C yellow #10 aluminium lake (Film coat)
- Brilliant blue FCF aluminium lake (Film coat)
- Sunset yellow FCF aluminium lake [E110] (Film coat).

VERPAMIL SR 240mg tablets are gluten free and lactose free.

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## **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,  
Eilerslie, Auckland.

Telephone: (09) 579 2792

### ***Date of Information***

02 July 2020 (Based on datasheet dated 02 July 2020)