

## PATIENT COUNSELLING INFORMATION

### **Rx** **Telmisartan & Chlorthalidone Tablets**

#### **Telvas-CT<sup>®</sup> Tablet**

**Read the entire leaflet carefully before you start taking this medicine:**

- If you have any further questions, ask your doctor.
- If you get any side effects, talk to your doctor. This includes any possible side effects not listed in this leaflet.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.

#### **1. What is Telvas CT<sup>®</sup> Tablet and what is it used for?**

Telvas-CT<sup>®</sup> Tablet is a fixed dose combination of Telmisartan and Chlorthalidone. Telvas-CT<sup>®</sup> Tablet is indicated for the treatment of hypertension,

- In patients not adequately controlled with monotherapy.
- As initial therapy in patients likely to need multiple drugs to help achieve blood pressure goals.

#### **2. What you need to know before you take Telvas-CT<sup>®</sup> Tablet?**

***Before taking Telvas-CT<sup>®</sup> Tablet tell your doctor if:***

- you are allergic (hypersensitive) to Telmisartan and Chlorthalidone or any of the other ingredients of this medicine;
- you have diabetes: do not take Telvas-CT<sup>®</sup> Tablet with any medicine that contains aliskiren (a blood pressure medicine).
- you have kidney disease: you may need to avoid taking Telvas-CT<sup>®</sup> Tablet.
- you are unable to urinate; or
- you are allergic to sulfa drugs.

#### ***Warnings and precautions***

Talk to your doctor before taking Telvas-CT<sup>®</sup> Tablet if you have ever had:

- liver disease;
- kidney disease (or if you are on dialysis); or
- if you are on a low-salt diet.
- heart failure;
- gout;
- high cholesterol or triglycerides;
- diabetes.

#### **Other medicines and Telvas-CT<sup>®</sup> Tablet**

Tell your doctor if you are taking:

- other blood pressure medications;
- lithium;

- digoxin, digitalis;
- insulin or oral diabetes medicine;
- steroid medicine;
- a diuretic or "water pill" or other blood pressure medicine;
- NSAIDs (non-steroidal anti-inflammatory drugs)-aspirin, ibuprofen, naproxen, celecoxib, diclofenac, indomethacin, meloxicam, and others.

This list is not complete. Other drugs may affect Telvas-CT<sup>®</sup> Tablet, including prescription and over-the-counter medicines, vitamins, and herbal products. Not all possible drug interactions are listed here.

***Pregnancy, breast-feeding and fertility***

Do not use Telvas-CT<sup>®</sup> Tablet if you are pregnant. Stop using the medicine and tell your doctor right away if you become pregnant. Telvas-CT<sup>®</sup> Tablet can cause injury or death to the unborn baby if you take the medicine during your second or third trimester.

If you plan to get pregnant, ask your doctor for a safer medicine to use before and during pregnancy. Having high blood pressure during pregnancy may cause complications in the mother and the baby.

You should not breastfeed while using Telvas-CT<sup>®</sup> Tablet.

**Driving and using machines**

Telvas-CT<sup>®</sup> Tablet may cause drowsiness and dizziness. If you experience any of these symptoms, you should not drive or operate machinery, or perform any tasks which may require you to be alert.

**3. How to take Telvas-CT<sup>®</sup> Tablet?**

Always use this medicine exactly as described in this leaflet or as your doctor has told you. Check with your doctor if you are not sure.

The recommended dose is one tablet to be taken orally once a day with or without food. The dose may be titrated if necessary, as per the clinical response.

**If you take more Telvas-CT<sup>®</sup> Tablet than you should**

Overdose symptoms may include nausea, weakness, dizziness, drowsiness, extreme thirst, muscle pain, or rapid heartbeats. If you have taken more dose of this medicine, than you should, talk to your doctor or nearest hospital emergency department immediately. You may require medical attention. This is important even if you feel well.

**If you forget to take Telvas-CT<sup>®</sup> Tablet**

If you forget to take a dose, have it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose. This may increase the chance of you getting an unwanted side effect.

**4. What are the possible side effects of D Telvas-CT<sup>®</sup> Tablet?**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Common side effects may include: stuffy nose, sinus pain; back pain; diarrhea; low blood pressure (feeling light-headed); kidney problems; dizziness; an electrolyte imbalance (such as low levels of potassium, sodium, or magnesium in your blood).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects.

#### **5. How to store Telvas-CT<sup>®</sup> Tablet?**

**Store in a cool, dry place. Protect from light and moisture.**

Keep out of reach of children.

Do not use this medicine after the expiry date which is stated on the container. The expiry date refers to the last day of that month.

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*For further information please write to:*



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