

# Lispril-Hydrochlorothiazide 10 mg/12.5 mg Tablets Lispril-Hydrochlorothiazide 20 mg/12.5 mg Tablets

lisinopril and hydrochlorothiazide

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

## What is in this leaflet

1. What Lispril-Hydrochlorothiazide is and what it is used for
2. What you need to know before you take Lispril-Hydrochlorothiazide
3. How to take Lispril-Hydrochlorothiazide
4. Possible side effects
5. How to store Lispril-Hydrochlorothiazide
6. Contents of the pack and other information

**ROWEX®**

## 1 What Lispril-Hydrochlorothiazide is and what it is used for

**Lisinopril** belongs to a group of medicines called angiotensin converting enzyme inhibitors (ACE inhibitors) and lowers blood pressure by widening the blood vessels.

**Hydrochlorothiazide** belongs to a group of medicines called diuretics (“water tablets”) and lowers blood pressure by increasing urine output.

Lispril-Hydrochlorothiazide contains a combination of lisinopril and hydrochlorothiazide and is used as a treatment for high blood pressure when treatment with lisinopril as a single agent on its own has proven insufficient.

Your doctor may also prescribe Lispril-Hydrochlorothiazide instead of separate tablets of the same doses of lisinopril and hydrochlorothiazide. This fixed dose combination is not suitable for initial therapy.

## 2 What you need to know before you take Lispril-Hydrochlorothiazide

### Do NOT take Lispril-Hydrochlorothiazide:

- if you are allergic to lisinopril, hydrochlorothiazide or any of the other ingredients of this medicine (listed in section 6)
- if you are allergic to other ACE inhibitors e.g. ramipril or to sulphonamide-derived medicines (mostly antibiotics e.g. sulphamethoxazole)
- if you have previously suffered from swelling of the extremities, face, lips, throat, mouth or tongue (angioedema) when treated with other medicines belonging to a group of medicines called ACE inhibitors (angiotensin-converting enzyme inhibitors) such as ramipril
- if you have previously suffered from swelling of the extremities, face, lips, throat, mouth or tongue (angioedema) under any other circumstances
- if you have taken or are currently taking sacubitril/valsartan, a medicine used to treat a type of long-term (chronic) heart failure in adults, as the risk of angioedema (rapid swelling under the skin in an area such as the throat) is increased
- if anyone among your blood relatives has previously suffered from swelling of the extremities, face, lips, throat, mouth or tongue (angioedema)
- if you have severe kidney problems
- if you have severe liver problems
- if you suffer from an inability to pass water (anuria)
- if you are more than 3 months pregnant. (It is also better to avoid Lispril-Hydrochlorothiazide in early pregnancy – see pregnancy section).
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.

### Warnings and precautions

Talk to your doctor or pharmacist before taking Lispril-Hydrochlorothiazide:

- if you have narrowing of the arteries (atherosclerosis), cerebrovascular problems such as a stroke or transient ischaemic attack (TIA, a “mini-stroke”)
- if you have heart failure
- if you have low blood pressure, are on a salt restricted diet or are taking diuretics (“water tablets”)
- if you have abnormal levels of water and minerals in your body (fluid/electrolyte imbalance)
- if you have heart muscle disease (hypertrophic cardiomyopathy), a narrowing of the main artery carrying blood away from the heart, the aorta (aortic stenosis), or other forms of a heart problem called outflow obstruction
- if you undergo LDL apheresis (removal of cholesterol from the blood by a machine)
- if you undergo desensitisation therapy to some insect venoms, such as bee or wasp stings
- if you have diabetes
- if you are taking any of the following medicines used to treat high blood pressure:
  - an angiotensin II receptor blocker (ARBs) (also known as sartans - for example valsartan, telmisartan, irbesartan), in particular if you have diabetes-related kidney problems.
  - aliskiren.

Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals.

See also information under the heading “Do not take Lispril-Hydrochlorothiazide”.

- if you are taking any of the following medicines, the risk of angioedema (rapid swelling under the skin in areas such as the throat) may be increased:
  - sirolimus, temsirolimus, everolimus and other medicines belonging to the class of mTOR inhibitors (used to prevent rejection of transplanted organs and for cancer)
  - racecadotril, a medicine used to treat diarrhoea
  - vildagliptin, a medicine used to treat diabetes
- if you suffer from gout, have high levels of uric acid in your blood or are being treated with allopurinol
- if you need to have an anaesthetic
- if you have recently suffered from prolonged, violent vomiting and/or serious diarrhoea
- if you are going to have tests to check your parathyroid function
- if you have or have had liver or kidney problems, or you have narrow arteries to your kidneys (renal artery stenosis) or only have one functioning kidney, or you are undergoing haemodialysis
- if you have collagen vascular disease such as systemic lupus erythematosus (SLE) or scleroderma, which may be associated with skin rashes, joint pain and fever
- if you have had skin cancer or if you develop an unexpected skin lesion during the treatment. Treatment with hydrochlorothiazide, particularly long term use with high doses, may increase the risk of some types of skin and lip cancer (non-melanoma skin cancer). Protect your skin from sun exposure and UV rays while taking Lispril-Hydrochlorothiazide.
- if you have allergy problems or asthma
- if you are taking lithium, used for the treatment of some psychiatric illness
- if you think you are (or might become) pregnant. Lispril-Hydrochlorothiazide is not recommended in early pregnancy, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if used at that stage (see pregnancy section).
- if you are being treated with other water tablets (diuretics). Other treatment should be stopped 2 – 3 days before starting treatment with Lispril-Hydrochlorothiazide.

Lispril-Hydrochlorothiazide is not generally recommended if the following apply, so talk to your doctor before starting to take this medicine:

- if you have recently had a kidney transplant
- if you have high levels of potassium in your blood.

Please refer also to “Other medicines and Lispril-Hydrochlorothiazide” below.

Talk to your doctor if you are an athlete taking a doping test, as Lispril-Hydrochlorothiazide contains an active substance that can cause positive results in a doping test. Elderly or malnourished patients should be particularly careful when using Lispril-Hydrochlorothiazide. Lispril-Hydrochlorothiazide may be less effective in black people.

### Children

This medicine is not recommended for use in children.

### While taking Lispril-Hydrochlorothiazide:

If you develop any of the following symptoms you should let your doctor know immediately:

- You feel dizzy after your first dose. A few people react to their first dose or when their dose is increased by feeling dizzy, weak, faint and sick.
- Sudden swelling of the lips and face, neck, possibly also hands and feet, or wheezing or hoarseness. This condition is called angioedema. This may occur at any time during treatment. ACE inhibitors cause a higher rate of angioedema in black patients than in non-black patients.
- High temperature, sore throat or mouth ulcers (these may be symptoms of infection caused by the lowering of the number of white blood cells)
- Yellowing of the skin and whites of eyes (jaundice) that may be a sign of liver disease
- A dry cough which is persistent for a long time. Cough has been reported with the use of ACE inhibitors but may be also a symptom of other upper respiratory tract disease.
- Short sightedness or glaucoma.

### This medicine contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially “sodium-free”

### Other medicines and Lispril-Hydrochlorothiazide

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

This particularly applies to:

- potassium supplements (including salt substitutes), potassium-sparing diuretics, and other medicines that can increase potassium in your blood (such as heparin, a medicine used to thin blood to prevent clots, co-trimoxazole and trimethoprim, for infections caused by bacteria; and ciclosporin, an immunosuppressant medicine used to prevent organ transplant rejection)
- other medicines used to treat high blood pressure  
Your doctor may need to change your dose and/or to take other precautions:  
If you are taking an angiotensin II receptor blocker (ARB) or aliskiren (see also information under the headings “Do not take Lispril-Hydrochlorothiazide” and “Warnings and precautions”).
- anesthetics and medicines for mental disorders or depressions, medicines to treat psychoses, tricyclic antidepressants, or sedatives
- lithium, a medicine for depression
- painkillers and anti-inflammatory medicines, such as acetylsalicylic acid (> 3000 mg/day) or indomethacin
- sodium aurothiomalate (gold), a medicine to inject against rheumatic arthritis
- sympathomimetics, medicines such as ephedrine, noradrenaline or adrenaline used for the treatment of hypotension, shock, cardiac failure, asthma or allergies
- blood sugar lowering medicines, such as insulin or those taken orally
- colestyramine resin and colestipol, active substances for lowering blood lipid values
- corticosteroids, anti-inflammatory hormone-like substances
- ACTH, used to test whether your adrenal glands are working properly
- muscle relaxants (e.g. tubocurarine chloride, medicines for relaxing muscles that are used in operations)
- allopurinol, a medicine used to treat gout
- medicines to treat cancer, such as cyclophosphamide or methotrexate
- medicines that inhibit your body’s immune system, medicines to prevent rejection reactions after organ or bone marrow transplants
- cardiac glycosides (e.g. digoxin, medicines for strengthening the heart)
- medicines that as a side effect cause abnormalities in the stimulus conduction in the heart such as medicines for disturbances for heart rhythm, some medicines for psychosis and other medicines such as medicines used to treat bacterial infections
- calcium salts, used to increase calcium levels in the blood
- amphotericin B, a medicine against fungal infections
- laxatives, medicines to promote defecation
- carbenoxolone, a medicine for the treatment of gastrointestinal diseases
- medicines which are most often used to avoid rejection of transplanted organs (sirolimus, everolimus and other medicines belonging to the class of mTOR inhibitors). See section “Warnings and precautions”.
- lovastatin, a medicine against high cholesterol
- sotalol (a beta-blocker), the risk for arrhythmias is increased.

### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

### Pregnancy

You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking Lispril-Hydrochlorothiazide before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Lispril-Hydrochlorothiazide. Lispril-Hydrochlorothiazide is not recommended during pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

### Breast-feeding

Tell your doctor if you are breast-feeding or about to start breast-feeding. Lispril-Hydrochlorothiazide is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

### Driving and using machines

Dizziness and tiredness have been reported by people taking Lispril-Hydrochlorothiazide. If you experience either of these do not drive a car and do not operate machinery (see section “Possible side effects”).

Continued on the next page >>

### 3 How to take Lispril-Hydrochlorothiazide

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

#### Adults

The recommended dose is one tablet taken once a day. The maximum daily dose is 40 mg lisinopril and 25 mg hydrochlorothiazide.

#### Use in children

Safety and effectiveness in children and adolescents have not been established.

#### Elderly

No special dose adjustment is necessary.

#### Kidney problems

Do not take this medicine if you have severely impaired kidney function.

If you suffer from a kidney disorder, the doctor should prescribe the lowest possible dose and monitor your kidney function.

#### Previous treatment with a water tablet (diuretic)

If you are being changed from a water tablet to Lispril-Hydrochlorothiazide, you should have stopped taking the water tablet 2-3 days before you start taking this medicine.

#### How to take a tablet

Take the tablet or half the tablet with plenty of water. Try to take the medicine at the same time each day.

#### Dividing the tablet

Place the tablet on a hard, flat surface with the break-line facing upwards. Press with a finger on the middle of the tablet and the tablet breaks into two parts.

#### If you take more Lispril-Hydrochlorothiazide than you should

If you (or someone else) swallow a lot of the tablets all together, or if you think a child has swallowed any of the tablets, seek medical advice immediately.

An overdose is likely to cause low blood pressure, circulatory shock, electrolyte disturbances, renal failure, hyperventilation (rapid breathing, feeling and being sick), an excessively fast or slow heartbeat, palpitations (a feeling of unduly rapid or irregular heartbeat), dizziness, anxiety and cough. Please take this leaflet, any remaining tablets and the container with you to the hospital or doctor so that they know which tablets were consumed.

#### If you forget to take Lispril-Hydrochlorothiazide

Do not take a double dose to make up for a forgotten tablet, take your next dose at the normal time.

#### If you stop taking Lispril-Hydrochlorothiazide

The treatment of hypertension is a long term treatment and interruption of treatment must be discussed with the doctor. Interruption or stopping your treatment could cause your blood pressure to increase.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### 4 Possible side effects

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

#### If you experience the following, stop taking this medicine and tell your doctor immediately or go to the emergency department of your nearest hospital:

- A severe allergic reaction called angioedema (rash, itching, swelling of the extremities, face, lips, mouth or throat that may cause difficulty in swallowing or breathing). This is a serious and **rare** side effect (may affect up to 1 in 1,000 people). You may need urgent medical attention or hospitalisation.
- Jaundice (yellowing of the skin and the whites of the eyes).
- This is a potentially serious but **very rare** side effect (may affect up to 1 in 10,000 people) indicative of inflammation of the liver. You may need urgent medical attention or hospitalisation.
- Not going to the toilet (low urine output) which can also occur with a high temperature (fever), nausea, tiredness, pain in your sides, swelling of your legs, ankles, feet, face and hands or blood in your urine. These are due to a kidney problem. This is a serious and **rare side** effect (may affect up to 1 in 1,000 people) due to a severe kidney problem (sudden kidney failure).

Lispril-Hydrochlorothiazide **commonly** (may affect up to 1 in 10 people) causes low blood pressure which may be associated with feelings of light-headedness and weakness. In some patients, this may occur after the first dose or when the dose is increased. If you experience these symptoms, you should contact your doctor immediately.

Lispril-Hydrochlorothiazide may cause a reduction in the number of white blood cells and your resistance to infection may be decreased. If you experience an infection with symptoms such as fever and serious deterioration of your general condition, or fever with local infection symptoms such as sore throat/pharynx/mouth or urinary problems you should see your doctor immediately. A blood test will be taken to check possible reduction of white blood cells (agranulocytosis). It is important to inform your doctor about your medicine.

A dry cough, which may persist for a long time, has been reported **commonly** (may affect up to 1 in 10 people) with the use of Lispril-Hydrochlorothiazide and other ACE inhibitors, but may be also a symptom of other upper respiratory tract disease. You should contact your doctor if you develop this symptom.

The following side effects have also been reported:

#### Common (may affect up to 1 in 10 people)

- dizziness, headache, sudden loss of consciousness
- low blood pressure associated with changes in posture (such as feeling light-headed or weak when you stand up after lying down)
- cough (see beginning of this section)
- diarrhoea, vomiting
- kidney problems.

#### Uncommon (may affect up to 1 in 100 people)

- mood changes
- tingling feeling or numbness, vertigo, taste abnormalities, difficulty in sleeping
- heart attack or cerebrovascular accident ("mini-stroke") (mainly in patients suffering from low blood pressure)
- palpitations (a sensation of a fast or particularly strong or irregular heartbeat)
- excessively fast heartbeat (tachycardia)
- Raynaud's syndrome, a blood vessel disorder which may cause your fingers and toes to tingle, and turn pale, then blueish, then reddish
- inflammation of the lining of the nose causing the nose to run (rhinitis)
- nausea, abdominal pain and indigestion
- increase in the amount of enzymes and waste products produced by the liver
- skin rash and/or itching
- impotence
- tiredness, general weakness
- increase in the amount of urea in the blood
- high levels of potassium in the blood, which can cause an abnormal heart rhythm; increase in the amount of creatinine in the blood.

#### Rare (may affect up to 1 in 1,000 people)

- decrease of the red blood pigment haemoglobin and number of red blood cells (haematocrit)
- mental confusion
- dry mouth
- hypersensitivity/angioedema (see beginning of the section), itchy rash, hair loss, thickened patches of red/

- silver skin
- kidney problems
- breast enlargement in men
- low levels of sodium in the blood, which can cause tiredness and confusion, muscle twitching, fits or coma, also leading to dehydration and low blood pressure that makes you feel dizzy when you stand up
- syndrome of inappropriate antidiuretic hormone secretion (SIADH). Symptoms of this include weight gain, nausea, vomiting, muscle cramps, confusions and fits (convulsions).

#### Very rare (may affect up to 1 in 10,000 people)

- reduction in the number of white blood cells, which makes infection more likely, reduction in the number of other blood cells, poor production of bone marrow, disease of the lymph nodes, autoimmune disease, in which the body attacks itself
- reduction in the number of red blood cells, which can make the skin pale and cause weakness or breathlessness (anaemia)
- hypoglycaemia (low blood sugar levels) (see "Warnings and precautions" in section 2)
- difficulty breathing, wheezing
- inflammation of nasal sinuses
- lung problems including pneumonia
- inflammation of the pancreas which causes severe pain in the abdomen and back (pancreatitis)
- swelling in the intestines
- liver problems \*
- excessive sweating (diaphoresis), severe skin disorders including Stevens-Johnson Syndrome and aggregate of mature or abnormal looking lymphocytes in the dermis (cutaneous pseudolymphoma) \*\*
- not going to the toilet or going to the toilet less often (low urine output).

\* Very rarely, it has been reported that in some patients the undesirable development of hepatitis has progressed to liver failure. Patients receiving lisinopril/hydrochlorothiazide combination who develop jaundice or marked elevations of hepatic enzymes should discontinue lisinopril-hydrochlorothiazide combination and receive appropriate medical follow up.

\*\* A symptom complex has been reported which may include one or more of the following: fever, inflammation of a blood vessel (vasculitis), muscle pains (myalgia), pains in the joints (arthralgia) and inflammation of the joints (arthritis), increased quantity of antibodies (ANA), increased blood sedimentation rate, rash and increase in the number of white blood cells (eosinophilia and leukocytosis), rash, photosensitive to light or other skin reactions can occur.

#### Not known (frequency cannot be estimated from the available data)

- skin and lip cancer (non-melanoma skin cancer)
- inflammation of a salivary gland
- increased blood sugar, fats (including cholesterol) or uric acid levels, painful and swollen joints (gout), sugar in the urine; low levels of potassium in the blood, which can cause muscle weakness, twitching or abnormal heart rhythm; decreased level of magnesium and chloride in the blood
- stomach irritation
- constipation
- loss of appetite
- restlessness
- breathlessness caused by fluid in the lungs
- vision disturbances
- inflammatory condition of blood vessels (necrotising vasculitis)
- sensitivity of the skin to light, skin conditions with red scaly patches over the nose and cheeks (lupus erythematosus) – this condition may be worsened in patients who already have it, severe allergic reactions
- muscle cramps, muscle weakness
- inflammation in the kidneys (interstitial nephritis)
- fever
- depression
- flushing.

#### Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRa Pharmacovigilance, Earlsfort Terrace, IRL – Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

### 5 How to store Lispril-Hydrochlorothiazide

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the blister and the carton after "EXP". The expiry date refers to the last day of that month.

This medicine does not require any special storage conditions.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

### 6 Contents of the pack and other information

#### What Lispril-Hydrochlorothiazide contains:

The active substances are: lisinopril and hydrochlorothiazide.

Each tablet contains 10 mg of lisinopril (as dihydrate) and 12.5 mg of hydrochlorothiazide.

Each tablet contains 20 mg of lisinopril (as dihydrate) and 12.5 mg hydrochlorothiazide.

The other ingredients are: calcium hydrogen phosphate dihydrate, croscarmellose sodium, mannitol, maize starch, magnesium stearate and red iron oxide (E172).

#### What Lispril-Hydrochlorothiazide looks like and contents of the pack

The tablet is pink, round, biconvex and scored on one side.

The tablets are packed in PVC/aluminium blisters and inserted into a carton.

Lispril-Hydrochlorothiazide are available in pack sizes of 14, 28, 30, 50, 56, 98, 100 and 400 tablets

Not all pack sizes may be marketed.

#### Marketing Authorisation Holder and Manufacturers Marketing Authorisation Holder

Rowex Ltd., Bantry, Co. Cork, Ireland.

#### Manufacturers

Salutas Pharma GmbH, Otto-von-Guericke-Allee 1, 39179 Barleben, Germany.

Lek Pharmaceutenics d.d., Verovškova 57, 1526 Ljubljana, Slovenia.

Rowa Pharmaceuticals Ltd., Newtown, Bantry, Co. Cork, Ireland.

#### This medical product is authorised in the Member States of the EEA under the following names:

BE: Co-Lisinopril Sandoz 10 mg/12,5 mg tabletten

Co-Lisinopril Sandoz 20 mg/12,5 mg tabletten

IE: Lispril-Hydrochlorothiazide 10 mg/12.5 mg Tablets

Lispril-Hydrochlorothiazide 20 mg/12.5 mg Tablets

IT: LISINOPRIL IDROCLOROTIAZIDE SANDOZ

PT: LISINOPRIL + HIDROCLOROTIAZIDA SANDOZ

20 MG + 12,5 MG COMPRIMIDOS

ES: LISINOPRIL HIDROCLOROTIAZIDA BEXAL

20/12,5 mg comprimidos EFG

#### This leaflet was last revised in 01/2019.

I.M. L/83a, b 01-19