

# OLMESARTAN HCTZ-WGR

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I taking OLMESARTAN HCTZ-WGR?

OLMESARTAN HCTZ-WGR contains the active ingredients olmesartan and hydrochlorothiazide (HCTZ). OLMESARTAN HCTZ-WGR is used to treat high blood pressure (hypertension).

For more information, see Section [1. Why am I taking OLMESARTAN HCTZ-WGR?](#) in the full CMI.

### 2. What should I know before I take OLMESARTAN HCTZ-WGR?

Do not take if you have ever had an allergic reaction to OLMESARTAN HCTZ-WGR or any of the ingredients listed at the end of the CMI. **Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I take OLMESARTAN HCTZ-WGR?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with OLMESARTAN HCTZ-WGR and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I take OLMESARTAN HCTZ-WGR?

- The usual dose is one tablet taken once a day. Your doctor will tell you how much medicine you will need to take each day, depending on your condition and if you are taking any other medicines.
- Follow all directions given to you by your doctor or pharmacist carefully.

More instructions can be found in Section [4. How do I take OLMESARTAN HCTZ-WGR?](#) in the full CMI.

### 5. What should I know while taking OLMESARTAN HCTZ-WGR?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist, pharmacist or other health practitioner that you visit that you are using OLMESARTAN HCTZ-WGR.</li><li>• If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking OLMESARTAN HCTZ-WGR.</li><li>• If you need to have any blood tests, tell your doctor you are taking OLMESARTAN HCTZ-WGR tablets may affect the results of some laboratory tests.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not give this medicine to anyone else, even if they have the same condition as you.</li><li>• Do not take this medicine to treat any other complaints unless your doctor or pharmacist tells you to.</li><li>• Do not stop taking this medicine, or change the dosage, without checking with your doctor.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Be careful driving or operating machinery until you know how this medicine affects you. OLMESARTAN HCTZ-WGR may cause dizziness, light-headedness or tiredness in some people. If this occurs do not drive. If you drink alcohol, dizziness or light-headedness may be worse.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• Tell your doctor if you drink alcohol while using this medicine.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Store OLMESARTAN HCTZ-WGR tablets below 25°C in a cool dry place.</li><li>• Do not store your medicine, or any other medicine, in a bathroom or near a sink. Do not leave it on a windowsill or in the car.</li></ul>

For more information, see Section [5. What should I know while taking OLMESARTAN HCTZ-WGR?](#) in the full CMI.

### 6. Are there any side effects?

There are a number of side effects associated with OLMESARTAN HCTZ-WGR. It is important to be aware of them so that you can identify any symptoms if they occur.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# OLMESARTAN HCTZ-WGR

Active ingredient(s): *Olmесartan medoxomil and hydrochlorothiazide*

## Consumer Medicine Information (CMI)

This leaflet provides important information about taking OLMESARTAN HCTZ-WGR. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using OLMESARTAN HCTZ-WGR.**

Where to find information in this leaflet:

- [1. Why am I taking OLMESARTAN HCTZ-WGR?](#)
- [2. What should I know before I take OLMESARTAN HCTZ-WGR?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I take OLMESARTAN HCTZ-WGR?](#)
- [5. What should I know while taking OLMESARTAN HCTZ-WGR?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

## 1. Why am I taking OLMESARTAN HCTZ-WGR?

**OLMESARTAN HCTZ-WGR contains the active ingredient olmesartan and hydrochlorothiazide (HCTZ).**

OLMESARTAN belongs to a group of medicines known as angiotensin-II receptor antagonists. Angiotensin-II is a substance produced in the body which causes blood vessels to tighten. Olmesartan blocks the action of angiotensin-II and therefore relaxes your blood vessels. This helps lower your blood pressure. HCTZ is a diuretic which reduces the amount of fluid in the body. This also helps to lower blood pressure.

**OLMESARTAN HCTZ-WGR is used to treat high blood pressure (hypertension).**

Everyone has blood pressure. This pressure helps push blood all around your body. Your blood pressure changes at different times of the day, depending on how busy or worried you are. You have high blood pressure when your blood pressure stays higher than is needed, even when you are calm and relaxed.

There are usually no symptoms of high blood pressure. The only way of knowing that you have high blood pressure is to have your blood pressure checked on a regular basis. Untreated high blood pressure can lead to serious health problems, including stroke, heart disease and kidney failure.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Your doctor may have prescribed this medicine for another reason.

This medicine is not addictive.

The safety and effectiveness of OLMESARTAN HCTZ-WGR in children has not been established.

## 2. What should I know before I take OLMESARTAN HCTZ-WGR?

### Warnings

**Do not use OLMESARTAN HCTZ-WGR if:**

- you are allergic to olmesartan, sulfonamide derived medicines (e.g. thiazide diuretic), or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine.
- Some of the symptoms of an allergic reaction may include skin rash, itchiness, shortness of breath swelling of the face, lips or tongue, muscle pain or tenderness, joint pain.

**Check with your doctor if you:**

- have any other medical conditions:
  - kidney or liver problems,
  - low potassium or sodium levels in the blood,
  - high calcium or uric acid levels in the blood,
  - diabetes and are taking a medicine called aliskiren to reduce blood pressure.

### Pregnancy and breastfeeding

**Do not take this medicine if you are pregnant or breastfeeding.** This medicine may enter your womb, or it may pass into the breast milk, and there is the possibility that your baby may be affected. If pregnancy is discovered, this medicine should be discontinued as soon as possible.

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:

- to any other medicines,
- or any other substances, such as foods, preservatives or dyes.

**Tell your doctor if you have or have had any of the following medical conditions:**

- kidney, liver or heart problems
- diabetes
- recent excessive vomiting or diarrhoea

- gout
- systemic lupus erythematosus (SLE)
- high levels of potassium in your blood
- adrenal gland problems

### You must also tell your doctor if you:

- are following a very low salt diet
- are or intend to become pregnant or plan to breastfeed
- are taking potassium supplements, potassium-sparing agents, potassium-containing salt substitutes or other medicines that may increase serum potassium (e.g. trimethoprim-containing products)
- have skin cancer or if you develop a new skin lesion during 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). Discuss with your doctor how to protect your skin from sun exposure, and avoid artificial tanning.

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

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

### 3. What if I am taking other medicines?

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

**Some medicines may interfere with OLMESARTAN HCTZ-WGR and affect how it works.**

**These include:**

- medicines used to treat high blood pressure
- diuretics, also known as fluid or water tablets
- non-steroidal anti-inflammatory drugs (NSAIDs) or COX-2 inhibitors, used to relieve pain, swelling and other symptoms of inflammation, including arthritis
- potassium supplements or potassium-containing salt substitutes
- other medicines that may increase potassium levels in the blood (e.g. trimethoprim-containing products)
- lithium or antidepressant medicines
- insulin and tablets used to treat diabetes
- antacids, used to treat heartburn and indigestion
- medicines which lower your immune system (e.g., corticosteroids and cytotoxic medicines used to treat cancer, including radiation therapy)
- alcohol
- laxatives, used to treat constipation
- medicines used to relieve pain
- medicines used to treat epilepsy
- antiarrhythmics which treat irregular heart beats
- muscle relaxants

- cholestyramine and colestipol, used to treat high cholesterol.
- medicines that contain aliskiren
- any medicines that contain colesevelam

These medicines may be affected by OLMESARTAN HCTZ-WGR or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines.

Other medicines not listed above may also interfere with OLMESARTAN HCTZ-WGR.

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

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect OLMESARTAN HCTZ-WGR.**

### Use in Children

The safety and effectiveness of OLMESARTAN HCTZ-WGR in children has not been established.

## 4. How do I take OLMESARTAN HCTZ-WGR?

### How much to take

- 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 box, ask your doctor or pharmacist for help.
- Your doctor will tell you how much medicine you will need to take each day, depending on your condition and if you are taking any other medicines.
- **The usual dose is one tablet taken once a day.**

### How to take

- Swallow the tablet whole with a full glass of water.
- Do not chew the tablets.

### When to take

- Take this medicine at about the same time each day. Taking your tablets at the same time each day will have the best effect. It will also help you remember when to take the tablets.
- It does not matter whether you take it with or without food.

### How long to take

- Continue taking your medicine for as long as your doctor tells you.
- OLMESARTAN HCTZ-WGR helps control your condition but does not cure it. It is important to keep taking your medicine even if you feel well.

## If you forget to take OLMESARTAN HCTZ-WGR

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 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 use too much OLMESARTAN HCTZ-WGR

If you think that you have used too much OLMESARTAN HCTZ-WGR, you may need urgent medical attention.

**You should immediately:**

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

If you take too much of OLMESARTAN HCTZ-WGR, you may feel light-headed, have a fast heartbeat, feel dizzy or you may faint.

## 5. What should I know while taking OLMESARTAN HCTZ-WGR?

### Things you should do

If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking this medicine.

**Make sure you drink enough water during exercise and hot weather when you are taking this medicine, especially if you sweat a lot.**

If you do not drink enough water while taking this medicine, you may feel faint, light-headed or sick. This is because your blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.

**Call your doctor straight away:**

- if you have excess vomiting and/or diarrhoea while taking this medicine. You may lose too much water and salt, and your blood pressure may drop too much.
- if you feel light-headed or dizzy after taking your first dose of this medicine, or when your dose is increased.
- if you become pregnant while taking this medicine.
- that you are taking this medicine if you are about to have any blood tests. OLMESARTAN HCTZ-WGR may interfere with the results of some tests.
- if photosensitivity reactions occur during your treatment.

- 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 (nonmelanoma skin cancer). **Protect your skin from sun exposure and UV rays while taking this medicine.**
- in case of acute onset of decreased visual acuity or ocular pain. These could be symptoms of fluid accumulation in the vascular layer of the eye (choroidal effusion) or an increase of pressure in your eye and can happen within hours to weeks of taking OLMESARTAN HCTZ-WGR. This can lead to permanent vision loss, if not treated.
- if you experience any fever, severe shortness of breath, breathing faster than normal, difficulty breathing, slightly blue fingertips and lips after taking this medicine. **Stop the medication and seek medical attention immediately**

Tell your doctor or dentist that you are taking this medicine if you plan to have surgery that needs a general anaesthetic, as your blood pressure may drop suddenly.

**Keep all your doctor's appointments.**

Your doctor may occasionally do blood tests to check your potassium levels and see how your kidneys are working, as well as to check your blood pressure.

### Things you should not do

- Do not give this medicine to anyone else, even if they have the same condition as you.
- Do not take this medicine to treat any other complaints unless your doctor or pharmacist tells you to.
- Do not stop taking this medicine, or change the dosage, without checking with your doctor.

### Things to be careful of

- 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.

### Driving or using machines

**Be careful before you drive or use any machines or tools until you know how OLMESARTAN HCTZ-WGR affects you.**

OLMESARTAN HCTZ-WGR may cause dizziness, light-headedness or tiredness in some people. If this occurs do not drive. If you drink alcohol, dizziness or light-headedness may be worse

### Drinking alcohol

Tell your doctor if you drink alcohol.

They may advise you to limit your alcohol intake.

## Things that would be helpful for your blood pressure

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

- Alcohol - your doctor may advise you to limit your alcohol intake.
- Weight - your doctor may suggest losing some weight to help lower your blood pressure and help lessen the amount of work your heart must do. Some people may need a dietician's help to lose weight.
- Diet - eat a healthy diet which includes plenty of fresh vegetables, fruit, bread (preferably wholegrain), cereals and fish. Also eat less sugar and fat (especially saturated fat) which includes sausages, fatty meats, full cream dairy product, biscuits, cakes, pastries, chocolates, chips and coconut.
- 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 and avoid cooked or processed foods containing high sodium (salt) levels.
- Exercise – regular exercise helps to reduce blood pressure and helps get the heart fitter. Before starting any exercise, ask your doctor about the best kind of programme for you.
- Smoking - your doctor may advise you to stop smoking or at least cut down. Ask your doctor or pharmacist for further information and advice.

## Looking after your medicine

- Keep your tablets in the pack until it is time to take them. If you take the tablets out of the pack, they will not keep well.
- Keep your tablets in a cool dry place where the temperature stays below 25°C.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Heat and dampness can destroy some medicines.

### Keep it where young children cannot reach it.

A locked cupboard at least one-and a-half metres above the ground is a good place to store medicines.

## When to discard this medicine

If your doctor tells you to stop taking this medicine or the tablets have passed their expiry date, ask your pharmacist what to do with any medicine that is left over.

## Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### If you are over 65 years of age you may have an increased chance of getting side effects.

Hydrochlorothiazide, a component of this medicine, increases sensitivity of the skin to the sun and may increase the risk of some types of skin and lip cancer (non-melanoma skin cancer).

Hydrochlorothiazide, a component of this medicine, may cause a decrease in vision or pain in your eyes due to high pressure (possible signs of fluid accumulation in the vascular layer of the eye (choroidal effusion) or acute angle-closure glaucoma).

Hydrochlorothiazide, a component of this medicine, may cause fever, severe shortness of breath, breathing faster than normal, difficulty breathing, slightly blue fingertips and lips.

### As your doctor or pharmacist to answer any questions you may have.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

## Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none"> <li>• feeling light-headed, dizzy, faint, or headache</li> <li>• stomach problems, including nausea, vomiting, pain, diarrhoea, constipation, or an uncomfortable feeling in the stomach</li> <li>• unusual tiredness or weakness, fatigue</li> <li>• 'flu-like' symptoms, runny or blocked nose, sneezing, cough or bronchitis</li> <li>• swelling of the hands, feet or ankles</li> <li>• back pain</li> <li>• urinary tract infection</li> <li>• blurred vision</li> <li>• skin rashes or eczema</li> <li>• sleep disturbance</li> <li>• depression</li> </ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

The above list includes the more common side effects of your medicine. They are generally mild.

## Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"> <li>sore throat and discomfort when swallowing (pharyngitis)</li> <li>jaundice</li> <li>skin rash or itchiness</li> <li>aching, tender or weak muscles not caused by exercise</li> <li>painful joints</li> <li>fast heartbeat</li> <li>shortness of breath or tightness in the chest</li> <li>swelling of the hands, feet or ankles</li> <li>yellowing of the whites of the eyes, dark urine and itching of the skin</li> <li>nausea, diarrhoea, muscle weakness, change in heart rhythm (symptoms that may indicate high potassium levels in the blood)</li> </ul> <p>These may be serious side effects. You may need medical attention. Serious side effects are rare.</p>	<p><b>Tell your doctor as soon as possible if you notice any of the following</b></p>
<ul style="list-style-type: none"> <li>swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing (signs of an allergic reaction)</li> <li>chest pain</li> </ul>	<p><b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>

**These are very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.**

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

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

### What OLMESARTAN HCTZ-WGR contains

<b>Active ingredient (main ingredient)</b>	<ul style="list-style-type: none"> <li>OLMESARTAN HCTZ-WGR TABLETS 20/12.5 - 20mg olmesartan medoxomil and 12.5mg hydrochlorothiazide</li> <li>OLMESARTAN HCTZ-WGR TABLETS 40/12.5 - 40mg olmesartan medoxomil and 12.5mg hydrochlorothiazide</li> <li>OLMESARTAN HCTZ-WGR TABLETS 40/25 - 40mg olmesartan medoxomil and 25mg hydrochlorothiazide</li> </ul>
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"> <li>lactose monohydrate</li> <li>microcrystalline cellulose</li> <li>hypromellose</li> <li>magnesium stearate</li> <li>Opadry Yellow 03F82788</li> </ul>
<b>Potential allergens</b>	Contains sugars as lactose.

**Do not take this medicine if you are allergic to any of these ingredients.**

### What OLMESARTAN HCTZ-WGR looks like

OLMESARTAN HCTZ-WGR 20/12.5 is a yellow film coated, round, biconvex tablets debossed with '346' on one side and 'L' on other side. (Aust R 432152).

OLMESARTAN HCTZ-WGR 40/12.5 is a yellow film coated, oval shape, biconvex tablets debossed with 'L347' on one side and plain on other side. (Aust R 432153).

OLMESARTAN HCTZ-WGR 40/25 is a yellow film coated, oval shape, biconvex tablets debossed with 'L348' on one side and plain on other side (Aust R 432154).

Blister pack of 30 film-coated tablets.

### Who distributes OLMESARTAN HCTZ-WGR

Wagner Pharmaceuticals Pty Ltd

6 Albert Street

Preston VIC 3121

Tel: 1800 936 140

This leaflet was prepared in October 2024.