

TELMISARTAN 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 using TELMISARTAN HCTZ-WGR?

TELMISARTAN HCTZ-WGR contains the active ingredients telmisartan and hydrochlorothiazide. TELMISARTAN HCTZ-WGR is used to lower high blood pressure (hypertension).

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

2. What should I know before I use TELMISARTAN HCTZ-WGR?

Do not use if you have ever had an allergic reaction to telmisartan, hydrochlorothiazide 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 use TELMISARTAN HCTZ-WGR?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with TELMISARTAN 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 use TELMISARTAN HCTZ-WGR?

- It is important to take TELMISARTAN HCTZ-WGR exactly as your doctor or pharmacist has told you.
- Swallow the tablet whole with a full glass of water.

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

5. What should I know while using TELMISARTAN HCTZ-WGR?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using TELMISARTAN HCTZ-WGR.• If you are about to be started on any new medicine, tell your doctor or pharmacist that you are taking TELMISARTAN HCTZ-WGR.• If you feel that TELMISARTAN HCTZ-WGR is not helping your condition, tell your doctor or pharmacist.• Tell your doctor immediately if you become pregnant while taking TELMISARTAN HCTZ-WGR.• If you are going to have surgery, tell your doctor and anaesthetist that you are taking TELMISARTAN HCTZ-WGR.
Things you should not do	<ul style="list-style-type: none">• Do not stop using this medicine or lower to dosage suddenly without checking with your doctor.• Do not use TELMISARTAN HCTZ-WGR to treat other complaints unless your doctor or pharmacist tells you to.• Do not give this medicine to anyone else, even if they have the same symptoms as you.
Driving or using machines	<ul style="list-style-type: none">• Be careful when driving or operating machinery until you know how TELMISARTAN HCTZ-WGR affects you.
Drinking alcohol	<ul style="list-style-type: none">• Alcohol may interfere with TELMISARTAN HCT. Tell your doctor or pharmacist for more information.
Looking after your medicine	<ul style="list-style-type: none">• Leave the tablets in the blister strip until it is time to take a dose.• Keep TELMISARTAN HCTZ-WGR in a cool, dry place where the temperature stays below 25°C.

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

6. Are there any side effects?

There are a number of side effects associated with this medicine. Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking TELMISARTAN HCTZ-WGR, even if you do not think it is connected with this medicine.

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.

TELMISARTAN HCTZ-WGR

Active ingredient(s): *Telmisartan and hydrochlorothiazide*

Consumer Medicine Information (CMI)

This leaflet provides important information about using TELMISARTAN 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 TELMISARTAN HCTZ-WGR.**

Where to find information in this leaflet:

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

1. Why am I using TELMISARTAN HCTZ-WGR?

TELMISARTAN HCTZ-WGR contains the active ingredients **telmisartan and hydrochlorothiazide**. TELMISARTAN HCTZ-WGR is used to lower high blood pressure (hypertension).

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

There are usually no signs of hypertension. The only way of knowing that you have hypertension is to have your blood pressure checked on a regular basis.

These two active ingredients help to reduce blood pressure in different ways:

- Telmisartan belongs to a group of medicines called angiotensin II receptor antagonists. Angiotensin II is a substance in the body which causes blood vessels to narrow, thus increasing blood pressure. Telmisartan works by blocking the effect of angiotensin II. When the effect of angiotensin II is blocked, your blood vessels relax and your blood pressure goes down.
- Hydrochlorothiazide belongs to the group of medicines called diuretics. Diuretics help to reduce the amount of excess fluid in the body by increasing the amount of urine produced. They help with lowering blood pressure particularly when used with

other blood pressure lowering medicines. Your doctor may have prescribed.

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

2. What should I know before I use TELMISARTAN HCTZ-WGR?

Warnings

Do not use TELMISARTAN HCTZ-WGR if:

- You are allergic to Telmisartan or hydrochlorothiazide (the two active ingredients in TELMISARTAN HCTZ-WGR), or any of the ingredients listed at the end of this leaflet.
- You had an allergic reaction to other sulfonamide-derived medicines.
- You have a rare hereditary condition of fructose intolerance.
- You have a rare hereditary condition of galactose intolerance.
- You are pregnant or breastfeeding.
- You are under the age of 18 years.
- You have the following medical conditions:
 - severe liver disease
 - severe kidney disease
 - cholestasis or biliary obstructive disorders (problem with the flow of bile from the gall bladder)
 - low potassium levels in the blood
 - high calcium levels in the blood.
 - low sodium levels that is treatment resistant
 - low blood volume causing very low blood pressure
 - gout
 - diabetes or kidney problems and you are taking aliskiren (a medicine used to treat high blood pressure).
- Always check the ingredients to make sure you can use this medicine.

Check with your doctor if you:

- have any other medical conditions, including:
 - kidney problems
 - liver problems
 - heart problems
 - diabetes
 - a condition known as primary hyperaldosteronism (raised aldosterone levels, also known as Conn's syndrome)
 - fructose intolerance
 - galactose intolerance
 - recent severe diarrhoea or vomiting

- asthma
- systemic lupus erythematosus (a disease affecting the skin, joints and kidney)
- eye problems
- skin cancer.
- experienced breathing or lung problems (including inflammation or fluid in the lungs) following hydrochlorothiazide intake in the past.
- are following a very low salt diet
- take any medicines for any other condition

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?](#)

Pregnancy and breastfeeding

Do not take TELMISARTAN HCTZ-WGR if you are pregnant.

Like other similar medicines, it may affect your developing baby if you take it during pregnancy.

Do not breast-feed if you are taking TELMISARTAN HCTZ-WGR.

It is not known if telmisartan or hydrochlorothiazide, the active ingredients in TELMISARTAN HCTZ-WGR, pass into breast milk and there is a possibility that your baby may be affected.

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

Children

- Do not give TELMISARTAN HCTZ-WGR to a child under the age of 18 years.
- Safety and effectiveness in children and teenagers up to 18 years of age have not been established.

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 and TELMISARTAN HCTZ-WGR may interfere with each other. These include:

- any other medicines used to treat high blood pressure such as betablockers
- heart medicines such as digoxin, a medicine used to treat heart failure or antiarrhythmic medicines
- lithium, a medicine used to treat certain mental illnesses
- medicine used to treat depression
- antipsychotics, medicines used to treat certain mental and emotional conditions
- antiepileptic's medicines used to treat epilepsy or fits

- other diuretics or fluid tablets medicines used to help the kidneys get rid of salt and water by increasing the amount of urine produced
- laxatives
- potassium supplements or potassium-containing salt substitutes
- medicines or salt substitutes which may increase your potassium levels
- amphotericin B, a medicine used to treat fungal infections
- penicillin antibiotics used to treat bacterial infections
- alcohol
- sleeping tablets
- strong pain killing medicines
- medicines for diabetes (oral tablets or capsules or insulin)
- powder or granules used to help reduce cholesterol
- corticosteroid medicines such as prednisolone, cortisone or ACTH (a hormone)
- aspirin
- nonsteroidal anti-inflammatory agents (medicines used to relieve pain, swelling and other symptoms of inflammation including arthritis)
- medicines used to treat gout
- medicines used to increase blood pressure, such a noradrenaline
- ciclosporin, a medicine used to help prevent organ transplant rejection or to treat certain problems with the immune system
- calcium supplements or medicines containing calcium
- vitamin D supplements
- anticholinergic medicines, which can be used to treat parkinson's disease, relieve stomach cramps or prevent travel sickness
- amantadine, a medicine used to treat Parkinson's disease or to prevent influenza
- medicines used to treat cancer (cytotoxic medicines)

These medicines may be affected by TELMISARTAN HCTZ-WGR, or may affect the way it works. Other medicines used to treat high blood pressure may have an additive effect with TELMISARTAN HCTZ-WGR in lowering your blood pressure. Therefore, you may need different amounts of your medicines.

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

4. How do I use TELMISARTAN HCTZ-WGR?

How much to take

- The usual dose for adults is one TELMISARTAN HCTZ-WGR 40/12.5 mg tablet once a day. If your blood pressure is still too high after 4-8 weeks of starting treatment, your doctor may increase your dose to one TELMISARTAN HCTZ-WGR 80/12.5 mg tablet once a day.
- If your blood pressure is still not satisfactorily controlled with TELMISARTAN HCTZ-WGR 80/12.5 mg,

your doctor may increase your dose to one TELMISARTAN HCTZ-WGR 80/25 mg tablet once a day.

- It is important to take TELMISARTAN HCTZ-WGR exactly as your doctor or pharmacist has told you.

When to take TELMISARTAN HCTZ-WGR

- TELMISARTAN HCTZ-WGR should be taken at about the same time each day, either morning or evening.
- Taking it at the same time each day will have the best effect. It will also help you remember when to take it.
- It does not matter if you take TELMISARTAN HCTZ-WGR before or after food.
- You can take TELMISARTAN HCTZ-WGR with or without food.

How to take TELMISARTAN HCTZ-WGR

- Swallow the tablet whole with a full glass of water.
- It does not matter if you take TELMISARTAN HCTZ-WGR before or after food.
- You can take TELMISARTAN HCTZ-WGR with or without food.

How long to take TELMISARTAN HCTZ-WGR

Take TELMISARTAN HCTZ-WGR every day until your doctor tells you to stop.

TELMISARTAN HCTZ-WGR helps control your high blood pressure but does not cure it. It is important to keep taking TELMISARTAN HCTZ-WGR every day even if you feel well.

People who have high blood pressure often feel well and do not notice any signs of this problem.

If you forget to use TELMISARTAN HCTZ-WGR

TELMISARTAN HCTZ-WGR should be used regularly at the same time each day. If you miss your dose at the usual time, take the dose as soon as you remember and then go back to taking it as you would normally.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

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

This may increase the chance of you getting unwanted side effects.

If you use too much TELMISARTAN HCTZ-WGR

If you think that you have used too much TELMISARTAN 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.

5. What should I know while using TELMISARTAN HCTZ-WGR?

Things you should do

Tell any other doctors, dentists and pharmacists who are treating you that you are taking TELMISARTAN HCTZ-WGR.

If you are about to be started on any new medicine, tell your doctor or pharmacist that you are taking TELMISARTAN HCTZ-WGR.

If you feel that TELMISARTAN HCTZ-WGR is not helping your condition, tell your doctor or pharmacist.

Tell your doctor if, for any reason, you have not used TELMISARTAN HCTZ-WGR exactly as prescribed.

Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

If you are going to have surgery, tell your doctor and anaesthetist that you are taking TELMISARTAN HCTZ-WGR.

TELMISARTAN HCTZ-WGR may affect some medicines you receive during surgery.

Keep all of your doctor's appointments so that your progress can be checked.

Your doctor may do some tests from time to time to make sure the medicine is working and to prevent unwanted side effects.

Tell your doctor if you develop an unexpected abnormal lump, bump, ulcer, sore or coloured area on the skin (skin lesion) during the treatment.

Protect your skin from sun exposure and UV rays while taking TELMISARTAN HCTZ-WGR.

If you develop any severe shortness of breath or difficulty breathing after taking TELMISARTAN HCTZ-WGR, seek medical attention immediately.

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).

Call your doctor straight away if you:

- Become pregnant while taking TELMISARTAN HCTZ-WGR

Remind any doctor, dentist or pharmacist [add other health professionals as appropriate] you visit that you are using TELMISARTAN HCTZ-WGR.

Things you should not do

- Do not use TELMISARTAN HCTZ-WGR to treat other complaints unless your doctor or pharmacist tells you to.
- Do not give this medicine to anyone else, even if they have the same symptoms as you.
- Do not stop taking TELMISARTAN HCTZ-WGR or lower the dosage without checking with your doctor.

Driving or using machines

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

Like other medicines used to treat high blood pressure, TELMISARTAN HCTZ-WGR may cause sleepiness, dizziness or lightheadedness in some people.

If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

You may feel dizzy or light-headed when you begin to take TELMISARTAN HCTZ-WGR, especially if you are also taking a diuretic (or fluid tablet) or if you are dehydrated.

If you feel dizzy or light-headed, and you wish to stand up, you should do so slowly.

Standing up slowly, especially when you get up from a bed or chair, 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.

Drinking alcohol

Tell your doctor if you drink alcohol.

Alcohol may interfere with TELMISARTAN HCT

Looking after your medicine

- **Leave the tablets in the blister strip until it is time to take a dose.**
The blister pack protects the tablets from light and moisture.
- Keep TELMISARTAN HCTZ-WGR 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.

Keep it where young children cannot reach it.

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.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none">• 'Flu-like' symptoms• Fainting, dizziness or spinning sensation• A feeling of tension or fullness in the nose, cheeks and behind the eyes, sometimes with a throbbing ache (sinusitis)• Infections of the air passages• Shortness of breath or difficulty breathing• Abnormal or blurred vision• Eye pain• Back pain• Changes in heart rhythm or increased heart rate• Rash or redness or itchiness of skin• Increased sweating• Dizziness or lightheadedness when you stand up (postural hypotension)• Stomach pain or discomfort (abdominal pain, dyspepsia, gastritis)• Wind or excessive gas in the stomach or bowel• Vomiting• Diarrhoea or constipation• Dry mouth• Pins and needles• Sleep disturbances or trouble sleeping• Feeling anxious• Depression• Impotence• Leg pain or cramps in legs• Aching muscles or aching joints not caused by exercise or muscle spasms• Chest pain• Pain• Liver problems• Changes in the levels of potassium or sodium or uric acid in your blood (such changes are usually detected by a blood test)• Symptoms that may indicate low sodium levels in the blood, such as headache, dizziness, confusion, forgetfulness, weakness, unsteadiness or difficulty concentrating• Decrease in vision or pain in your eyes due to high pressure (possible signs of fluid accumulation in the vascular layer of the eye or acute angle-closure glaucoma).	<p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p>

Symptoms such as feeling very thirsty, sleepy, sick or vomiting, a dry mouth, general weakness, muscle pain or cramps, a very fast heart rate, may mean that the hydrochlorothiazide part of TELMISARTAN HCTZ-WGR is having an excessive effect.

You should tell your doctor if you experience any of these symptoms.

Tell your doctor as soon as possible if you notice any unexpected changes to your skin, including your lips.

This could be a type of skin or lip cancer (non-melanoma skin cancer).

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"> Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing Severe and sudden onset of pinkish, itchy swellings on the skin, also called hives or nettle rash Developing or worsening of a disease called systemic lupus erythematosus which affects the skin, joints and kidney Acute respiratory distress which is very rare but possible side effect (signs include severe shortness of breath, fever, weakness and confusion) Increased sensitivity of the skin to the sun with symptoms of sunburn (such as redness, itching, swelling, blistering) which may occur more quickly than normal. 	<p>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.</p>

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. 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 TELMISARTAN HCTZ-WGR contains

Active ingredient (main ingredient)	<ul style="list-style-type: none"> Each TELMISARTAN HCTZ-WGR 40/12.5 mg tablet contains 40 mg telmisartan and 12.5 mg hydrochlorothiazide. Each TELMISARTAN HCTZ-WGR 80/12.5 mg tablet contains 80 mg telmisartan and 12.5 mg hydrochlorothiazide. Each TELMISARTAN HCTZ-WGR 80/25 mg tablet contains 80 mg telmisartan and 25 mg hydrochlorothiazide.
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> Povidone Lactose monohydrate Magnesium stearate Meglumine Sodium hydroxide Sodium stearyl fumarate Mannitol Pigment Blend PB-24880 Pink colouring (40/12.5 mg and 80/12.5 mg strength only) Pigment Blend PB-52290 Yellow colouring (80/25 mg strength only)
Potential allergens	Contains sugars as lactose.

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

What TELMISARTAN HCTZ-WGR looks like

TELMISARTAN HCTZ-WGR 40/12.5 mg tablets are pink mottled and white to off-white biconvex, oval shaped, two layer tablets. The white to off-white layer may contain pink specks. The pink mottled face of TELMISARTAN HCTZ-WGR 40/12.5 mg tablets are marked with L199. (AUST R 246526)

TELMISARTAN HCTZ-WGR 80/12.5 mg tablets are pink mottled and white to off-white biconvex, oval shaped, two layer tablets. The white to off-white layer may contain pink specks. The pink mottled face of TELMISARTAN HCTZ-WGR 80/12.5 mg tablets are marked with L200. (AUST R 246527)

TELMISARTAN HCTZ-WGR 80/25 mg tablets are yellow mottled and white to off-white biconvex, oval shaped, two layer tablets. The white to off-white layer may contain yellow specks. The white face of TELMISARTAN HCTZ-WGR 80/25 mg tablets are marked with L201. (AUST R 246528).

Who distributes TELMISARTAN HCTZ-WGR

Wagner Pharmaceuticals Pty Ltd

6 Albert Street

Preston VIC 3072

Tel: 1800 936 140

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