

TELMISARTAN-WGR Tablets

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-WGR?

TELMISARTAN-WGR contains the active ingredient telmisartan. TELMISARTAN-WGR is used to treat high blood pressure (also called hypertension) and prevent cardiovascular complication.

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

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

Do not use if you have ever had an allergic reaction to telmisartan or any of the ingredients listed at the end of the CMI. **Do not take TELMISARTAN-WGR if you have a rare hereditary condition of fructose intolerance. TELMISARTAN-WGR is not prescribed for children below 18 years of age.**

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-WGR?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with TELMISARTAN-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-WGR?

- Follow all directions given to you by your doctor or pharmacist carefully.
- Your doctor will tell you how much of this medicine you should take. This will depend on your condition and whether you are taking any other medicines.

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

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

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using telmisartan.• Tell your doctor if you are pregnant or plan to become pregnant or are breastfeeding.• Tell your doctor if you are following a very low salt diet.
Things you should not do	<ul style="list-style-type: none">• Do not stop using this medicine suddenly or lower the dosage without checking with your doctor.• Do not take this medicine to treat any other complaints unless your doctor tells you to.• Do not take this medicine to treat any other complaints unless your doctor tells you to.
Driving or using machines	<ul style="list-style-type: none">• Be careful when driving or operating machinery until you know how this medicine affects you.
Looking after your medicine	<ul style="list-style-type: none">• Keep your medicine in its original packaging until it is time to take it.• Keep your medicine in a cool dry place where the temperature will stay below 30°C. Protect from light and moisture.

For more information, see Section [5. What should I know while using \[insert medicine\]?](#) in the full CMI.

6. Are there any side effects?

Potential side effects include headaches, upper respiratory tract infections, dizziness, 'flu-like' symptoms, fatigue and back pain. **Call your doctor straight away or go straight to the Emergency Department at your nearest hospital if any of the following happen:** swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing or severe and sudden onset of itchy or raised skin rash, hives or nettle rash.

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-WGR

Active ingredient(s): *Telmisartan*

Consumer Medicine Information (CMI)

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

Where to find information in this leaflet:

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

1. Why am I using TELMISARTAN-WGR?

TELMISARTAN-WGR contains the active ingredient telmisartan. 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, the blood vessels relax and your blood pressure goes down.

TELMISARTAN-WGR is used to:

- treat high blood pressure (also called hypertension)
- prevent cardiovascular complications, including death due to cardiovascular causes, in patients aged 55 years of age or older with coronary artery disease, peripheral vascular disease, previous stroke, previous transient ischaemic attack (TIA) or high-risk diabetes with evidence of end organ damage.

Treatment of high blood pressure (hypertension)

Telmisartan 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 normal, 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. If high blood pressure is not treated, it can lead to serious health

problems, including stroke, heart disease and kidney failure.

Prevention of cardiovascular complications, including death due to cardiovascular causes

Telmisartan is also used to prevent cardiovascular complications, including death due to cardiovascular causes that may arise in high risk patients older than 55 years of age. Examples include heart attack, stroke, death caused by heart diseases or hospitalisation due to heart failure (a condition which can cause shortness of breath or ankle swelling).

Patients who may be considered at a high risk of developing cardiovascular complications, or at a high risk of death due to cardiovascular causes, are those aged 55 or more who have problems such as coronary artery disease (a heart disease caused by poor blood flow in the blood vessels of the heart), peripheral vascular disease (poor circulation in the hands or feet), previous stroke, previous transient ischaemic attack (TIA) or diabetes with additional high risk factors and evidence of end organ damage (e.g. damage occurring in the kidneys, heart, brain or eyes).

Your doctor may have prescribed TELMISARTAN-WGR for another reason.

Ask your doctor if you have any questions about why TELMISARTAN-WGR has been prescribed for you.

TELMISARTAN-WGR is not addictive.

Your doctor can tell you if you are at a high risk of developing cardiovascular complications or if you are at a high risk of death due to cardiovascular causes.

Telmisartan may be used either alone or in combination with other medicines used to treat high blood pressure.

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

Warnings

Do not use TELMISARTAN-WGR if:

- You are allergic to telmisartan, or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine.
- Do not take telmisartan if you have a rare hereditary condition of fructose intolerance.
40mg tablet contains approximately 170.54 mg of mannitol per maximum recommended daily dose and 80mg tablet contains approximately 341.08 mg of mannitol per maximum recommended daily dose.
- Do not take this medicine if you have or have had any of the following medical conditions:
 - severe liver disease (severe hepatic impairment)

- biliary obstructive disorders (problems with the flow of bile from the gall bladder)
- diabetes or kidney problems and you are taking aliskiren (a medicine used to treat high blood pressure)

Check with your doctor if you:

- have any other medical conditions
 - kidney problems
 - liver problems
 - heart problems
 - diabetes
 - a condition known as primary hyperaldosteronism (raised aldosterone levels, also known as Conn's syndrome)
 - fructose intolerance
 - recent severe diarrhoea or vomiting
- take any medicines for any other condition
- tell your doctor if you are following a very low salt diet.

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

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

Your doctor can discuss with you the risks and benefits involved.

Do not take this medicine if you are pregnant or are planning to become pregnant.

Telmisartan may affect your developing baby if you take it during pregnancy.

Do not take this medicine if you are breastfeeding or are planning to breastfeed.

Telmisartan may pass into human breast milk.

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 interact with telmisartan. These include:

- Other medicines used to treat high blood pressure or heart problems, such as ACE inhibitors (e.g. ramipril).
- Potassium supplements or potassium-containing salt substitutes
- Medicines or salt-substitutes which may increase your potassium levels
- Diuretics or fluid tablets, medicines used to help the kidneys get rid of salt and water by increasing the amount of urine produced (e.g. spironolactone or frusemide)

- Nonsteroidal anti-inflammatory agents (NSAIDs) – medicines used to relieve pain, swelling and other symptoms of inflammation (including arthritis), such as aspirin or ibuprofen
- Lithium, used to treat certain mental illnesses
- Digoxin, used to treat heart failure
- Trimethoprim, used to treat bacterial infections
- Heparin, used to thin your blood
- Corticosteroids, medicines used to treat inflammatory conditions
- Immunosuppressants, such as ciclosporin or tacrolimus, used to prevent organ rejection after transplantation
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These medicines may be affected by telmisartan or may affect how well it works. Other medicines used to treat high blood pressure or medicines with blood pressure lowering potential may have an additive effect with this medicine in lowering your blood pressure. You may need different amounts of your medicines, or you may need to take different medicines.

4. How do I use TELMISARTAN-WGR?

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

How much to take

- Your doctor will tell you how much of this medicine you should take. This will depend on your condition and whether you are taking any other medicines.
- **For the treatment of high blood pressure (hypertension):**
The usual dose for adults is one 40 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 80 mg.
- **For the prevention of cardiovascular complications, including death due to cardiovascular causes:**
The usual dose is one 80 mg tablet, once a day. Depending on how you respond to the treatment, your doctor may suggest a higher or lower dose.

When to take TELMISARTAN-WGR

- Take your medicine at about the same time each day.

How to take TELMISARTAN-WGR

- Swallow the tablet whole with a full glass of water.
- 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 it before, with or after food.

How long to take it for

Continue taking your medicine for as long as your doctor tells you.

Telmisartan helps to control your high blood pressure, and/or prevents you from developing cardiovascular complications, but does not cure it. It is important to keep taking telmisartan every day, even if you feel well. People who have high blood pressure often feel well and do not notice any symptoms.

If you forget to use TELMISARTAN-WGR

TELMISARTAN-WGR should be used regularly at the same time each day. If it is almost time to take 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 missed doses.

This may increase the chance of you experiencing side effects.

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 TELMISARTAN-WGR

If you think that you have used too much TELMISARTAN-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 telmisartan you may feel dizzy, light-headed or faint. Your heartbeat may be faster or slower than usual and you may experience rapid, shallow breathing or cold, clammy skin. This is because your blood pressure is too low.

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

Things you must do

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

- If you feel that telmisartan is not helping your condition, tell your doctor or pharmacist.
- Tell your doctor if, for any reason, you have not used telmisartan exactly as prescribed. Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

Things you should not do

- Do not take this medicine 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.

Driving or using machines

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

Like other medicines used to treat high blood pressure, telmisartan may cause sleepiness, 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.

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

If this medicine makes you feel dizzy or light-headed, be careful when getting up from a sitting or lying position.

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.

If you exercise, sweat or if the weather is hot, you should drink plenty of water.

Looking after your medicine

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

Keep your medicine in its original packaging until it is time to take it.

If you take your medicine out of its original packaging it may not keep well. The blister pack protects the tablets from light and moisture.

Keep your medicine in a cool dry place where the temperature will stay below 30°C. Protect from light and moisture.

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"> • Headache • Dizziness, spinning sensation or fainting • Dizziness or light-headedness when you stand up, especially when getting up from a sitting or lying position • Tiredness or weakness • Diarrhoea • Indigestion • Stomach pain or discomfort • Wind or excessive gas in the stomach or bowel (flatulence) 	<p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p>

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"> • Chest pain • 'Flu-like' symptoms • Upper respiratory tract infections • Back pain • Aching muscles not caused by exercise (myalgia) • Painful joints (arthralgia) • Tendon pain or tendinitis-like symptoms • Symptoms of urinary tract infections (including cystitis) such as burning sensation when passing urine, pain in the pelvis or mid-back, urine that appears cloudy, straining or pain when passing urine • Trouble sleeping (insomnia) • Feeling anxious • Depression • Shortness of breath • Muscle spasms, leg cramps or leg pain • Fast or slow heart beats • Visual disturbances (abnormal or blurred vision) • Increased sweating 	<p>Speak to your doctor as soon as possible.</p>

<ul style="list-style-type: none"> • Dry mouth • Allergic skin reactions including skin rash (eczema), itchiness (pruritus) and redness of the skin (erythema) • Signs of anaemia such as tiredness, being short of breath when exercising, dizziness and looking pale • Changes in your red or white blood cell levels – usually only detected through blood tests 	
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Very serious side effects

Very serious side effects	What to do
<ul style="list-style-type: none"> • Symptoms that may indicate low blood sugar levels, such as sweating, weakness, hunger, dizziness, trembling, headache or numbness (especially in diabetic patients) • Abnormal liver function • Symptoms that may indicate a worsening of the kidney function, such as passing little or no urine, drowsiness, nausea, vomiting, breathlessness, loss of appetite and weakness • Symptoms that may indicate high potassium levels in the blood, such as nausea, diarrhoea, muscle weakness and changes in heart rhythm • Symptoms that may indicate low sodium levels in the blood, such as headache, dizziness, confusion, forgetfulness, weakness, unsteadiness or difficulty concentrating • Bleeding or bruising more easily than normal (thrombocytopenia) • Symptoms that may indicate an infection of the blood, such as high fever, chills, headache, confusion and rapid breathing • Symptoms of an allergic reaction including cough, shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue, throat or other parts of the body which may cause difficulty in swallowing or breathing; severe and sudden onset of rash, itching or hives on the skin 	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these very 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-WGR contains

Active ingredient (main ingredient)	Each tablet contains (40 mg or 80 mg) of telmisartan as the active ingredient.
Other ingredients (inactive ingredients)	<ul style="list-style-type: none">• Povidone• Mannitol• Meglumine• Magnesium stearate• Sodium hydroxide• Sodium stearyl fumarate
Potential allergens	NA

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

What TELMISARTAN-WGR looks like

40 mg Tablet White to off-white colour, oval shape, biconvex, uncoated tablets debossed with L203 on one side and plain on other side. AUST R 227274.

80 mg Tablet White to off-white colour, oval shape, biconvex, uncoated tablets debossed with L204 on one side and plain on other side. AUST R 227273.

Who distributes TELMISARTAN-WGR

Wagner Pharmaceuticals Pty Ltd
6 Albert Street
Preston VIC 3072
Tel: 1800 936 140

This leaflet was prepared in January 2026.