

# Telmisartan/HCT Sandoz®

## 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 Telmisartan/HCT Sandoz?

**Telmisartan/HCT Sandoz contains the active ingredients telmisartan and hydrochlorothiazide, in one single tablet.**

Telmisartan/HCT Sandoz is used to treat high blood pressure.

For more information, see Section [1. Why am I taking Telmisartan/HCT Sandoz?](#) in the full CMI.

### 2. What should I know before I take Telmisartan/HCT Sandoz?

Do not use if you have ever had an allergic reaction to telmisartan or hydrochlorothiazide (the two active ingredients in Telmisartan/HCT Sandoz), 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. Do not take Telmisartan/HCT Sandoz if you have a rare hereditary condition of galactose intolerance, the Lapp lactase deficiency or glucose galactose malabsorption. Telmisartan/HCT Sandoz is not prescribed for children under the age of 18 years.**

For more information, see Section [2. What should I know before I take Telmisartan/HCT Sandoz?](#) in the full CMI.

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

Some medicines may interfere with Telmisartan/HCT Sandoz 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 Telmisartan/HCT Sandoz?

The usual dose for adults is one Telmisartan/HCT Sandoz 40mg/12.5mg tablet once a day.

More instructions can be found in Section [4. How do I take Telmisartan/HCT Sandoz?](#) in the full CMI.

### 5. What should I know while taking Telmisartan/HCT Sandoz?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>Remind any doctor, dentist or pharmacist you visit that you are using Telmisartan/HCT Sandoz.</li><li>Stop taking Telmisartan/HCT Sandoz and call your doctor straight away if you develop an unexpected abnormal lump, bump, ulcer, sore or coloured area on the skin (skin lesion) during the treatment or if you develop any shortness of breath or difficulty breathing after taking Telmisartan/HCT Sandoz.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>Do not take any other medicines for your hypertension (high blood pressure) without checking with your doctor.</li><li>Do not stop taking Telmisartan/HCT Sandoz or lower the dosage, without checking with your doctor or pharmacist.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li><b>Be careful driving or operating machinery until you know how Telmisartan/HCT Sandoz affects you.</b></li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>Tell your doctor if you drink alcohol.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>Keep Telmisartan/HCT Sandoz in a cool dry place where the temperature stays below 25°C; protect from light and moisture.</li><li>Do not store your medication in bathroom or in car or on windowsills.</li></ul>

For more information, see Section [5. What should I know while taking Telmisartan/HCT Sandoz?](#) in the full CMI.

### 6. Are there any side effects?

Do not be alarmed, and speak to your doctor if you feel nausea, 'flu-like' symptoms, increased heart rate, chest pain, dizziness, stomach pain or discomfort, sleeping disturbances or pain in muscles or joints. **Call your doctor straight away or go straight to the Emergency Department at your nearest hospital if you develop any severe shortness of breath or difficulty breathing after taking Telmisartan/HCT Sandoz or if you develop an unexpected abnormal lump, bump, ulcer, sore or coloured area on the skin (skin lesion) during the treatment.**

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/HCT Sandoz<sup>®</sup>

Active ingredient(s): *telmisartan and hydrochlorothiazide*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using Telmisartan/HCT Sandoz. **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/HCT Sandoz.**

Where to find information in this leaflet:

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

## 1. Why am I taking Telmisartan/HCT Sandoz?

**Telmisartan/HCT Sandoz contains the active ingredient telmisartan and hydrochlorothiazide.**

Telmisartan/HCT Sandoz is used to lower high blood pressure.

Everyone has blood pressure. This pressure helps get your blood 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 and relaxed. If high blood pressure is not treated, it can lead to serious health problems, including stroke, heart disease and kidney failure.

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.

### How Telmisartan/HCT Sandoz works?

Telmisartan/HCT Sandoz contains telmisartan and hydrochlorothiazide in one single tablet. These two active ingredients help to reduce blood pressure in different ways:

Telmisartan belongs to a group of medicines called angiotensin II receptor blockers. Telmisartan works by blocking the effect of angiotensin II (a substance which causes blood vessels to narrow, thus increasing blood pressure). 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.

## 2. What should I know before I take Telmisartan/HCT Sandoz?

### Warnings

**Do not use Telmisartan/HCT Sandoz if you have:**

- an allergic reaction to telmisartan or hydrochlorothiazide (the two active ingredients in Telmisartan/HCT Sandoz), or any of the ingredients listed at the end of this leaflet. Signs of an allergic reaction may include shortness of breath; wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of body; rash, itching or hives on the skin.
- hypersensitivity to sulfonamide containing medicines
- severe liver disease
- severe kidney disease
- problem with the flow of bile from the gall bladder (cholestasis or biliary obstructive disorders)
- 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
- a disease with painful, swollen joints caused by uric acid crystals (gout)
- diabetes or kidney disease and you are taking medicine used to treat high blood pressure (aliskiren)

**Check with your doctor if you:**

- have any of the following medical conditions, especially:
  - liver problems
  - kidney problems
  - heart problems
  - diabetes
  - high cholesterol levels
  - a condition with raised aldosterone levels (primary hyperaldosteronism or Conn's syndrome)
  - galactose intolerance, the Lapp lactase deficiency or glucose galactose malabsorption.
  - recent severe diarrhoea or vomiting
  - asthma
  - a disease affecting the skin, joints and kidney (systemic lupus erythematosus)
  - eye problems
  - skin cancer.

**Tell your doctor if you experienced breathing or lung problems (including inflammation or fluid in the lungs) following hydrochlorothiazide intake in the past.**

**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**

Do not take Telmisartan/HCT Sandoz if you are pregnant or intend to become pregnant.

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

Tell your doctor immediately if you become pregnant while taking Telmisartan/HCT Sandoz.

Do not take Telmisartan/HCT Sandoz if you are breastfeeding or intend to breastfeed.

It is not known if telmisartan or hydrochlorothiazide, the active ingredients in Telmisartan/HCT Sandoz, pass into breast milk and there is a possibility that your baby may be affected.

**Do not take Telmisartan/HCT Sandoz if you have a rare hereditary condition of galactose intolerance, the Lapp lactase deficiency or glucose galactose malabsorption.**

**Do not give Telmisartan/HCT Sandoz 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/HCT Sandoz may interfere with each other. These include:**

- any other medicines used to treat high blood pressure such as beta-blockers
- heart medicines such as digoxin, a medicine used to treat heart failure or antiarrhythmic medicines
- 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
- lithium, a medicine used to treat certain mental illnesses
- medicines used to treat depression

- antipsychotics, medicines used to treat certain mental and emotional conditions
- antiepileptic's, medicines used to treat epilepsy or fits
- 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 as 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/HCT Sandoz, or may affect how well it works. Other medicines used to treat high blood pressure may have an additive effect with Telmisartan/HCT Sandoz in lowering your blood pressure. You may need different amounts of your medicines, or you may need to take different 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/HCT Sandoz.**

### **4. How do I take Telmisartan/HCT Sandoz?**

#### **How much to take**

The usual dose for adults is one Telmisartan/HCT Sandoz 40mg/12.5mg 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/HCT Sandoz 80mg/12.5mg tablet once a day.

If your blood pressure is still not satisfactorily controlled with Telmisartan/HCT Sandoz 80mg/12.5mg, your doctor may increase your dose to one Telmisartan/HCT Sandoz 80mg/25mg tablet once a day.

It is important to take Telmisartan/HCT Sandoz exactly as your doctor or pharmacist has told you.

#### **When to take Telmisartan/HCT Sandoz**

Take Telmisartan/HCT Sandoz around the same time each day, either morning or evening, with or without food.

#### **How to take Telmisartan/HCT Sandoz**

- **Swallow the tablet whole with a full glass of water.**

## If you forget to use Telmisartan/HCT Sandoz

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 the dose as soon as you remember, and then go back to taking it as you would normally.

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

## If you use too much Telmisartan/HCT Sandoz

If you think that you have used too much Telmisartan/HCT Sandoz - you may feel dizzy, light-headed, or faint; your heartbeat may be faster or slower than usual; you may experience dehydration, nausea, drowsiness and muscle spasm - 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 taking Telmisartan/HCT Sandoz?

### Things you should do

Stop taking Telmisartan/HCT Sandoz and Call your doctor straight away if you:

- develop an unexpected abnormal lump, bump, ulcer, sore or coloured area on the skin (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)
- develop any severe shortness of breath or difficulty breathing after taking Telmisartan/HCT Sandoz
- become pregnant while taking Telmisartan/HCT Sandoz

You should make sure that you:

- protect your skin from sun exposure and UV rays while taking Telmisartan/HCT Sandoz
- keep all of your doctor's appointments so that your progress can be checked
- tell your doctor that you are taking Telmisartan/HCT Sandoz, if you are about to be started on any new medicine
- tell your doctor if, for any reason, have not taken Telmisartan/HCT Sandoz exactly as prescribed
- tell your doctor if you feel that Telmisartan/HCT Sandoz is not helping your condition

### Things you should not do

- Do not take Telmisartan/HCT Sandoz to treat any other complaints unless your doctor tells you to.
- Do not give this medicine to anyone else, even if they have the same condition as you.

- Do not stop taking Telmisartan/HCT Sandoz or lower the dosage without checking with your doctor.

Tell your surgeon or anaesthetists that you are taking Telmisartan/HCT Sandoz if you plan to have surgery. It may affect other medicines during surgery.

### Driving or using machines

Be careful before you drive or use any machines or tools until you know how Telmisartan/HCT Sandoz affects you.

Like other medicines used to treat high blood pressure, Telmisartan/HCT Sandoz may cause sleepiness, dizziness or light-headedness in some people.

Do not drive, operate machinery, or perform hazardous physical activity if you experience any of these side effects.

You may feel dizzy or light-headed when you begin to take Telmisartan/HCT Sandoz, 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.

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

### Drinking alcohol

Tell your doctor if you drink alcohol.

### Looking after your medicine

- Keep your Telmisartan/HCT Sandoz in a cool, dry place where the temperature stays below 25°C and protect from light and moisture.
- Keep the tablets in the blister strip until it is time to take a dose

Do not store it:

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

Keep it where children cannot reach it.

### Getting rid of any unwanted medicine

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

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
<p><b>Breathing related disorders:</b></p> <ul style="list-style-type: none"> <li>• ‘flu-like’ symptoms</li> <li>• infections of the air passages</li> <li>• shortness of breath or difficulty breathing</li> <li>• chest pain</li> <li>• a feeling of tension or fullness in the nose, cheeks and behind the eyes, sometimes with a throbbing ache (sinusitis)</li> </ul> <p><b>Stomach related disorders:</b></p> <ul style="list-style-type: none"> <li>• dry mouth</li> <li>• nausea, vomiting</li> <li>• change in bowel movements (e.g. constipation or diarrhoea)</li> <li>• stomach pain or discomfort (abdominal pain, dyspepsia, gastritis)</li> <li>• flatulence (wind or excessive gas in the stomach or bowel)</li> </ul> <p><b>General body related disorders:</b></p> <ul style="list-style-type: none"> <li>• back pain</li> <li>• dizziness or light-headedness when you stand up (postural hypotension)</li> <li>• pins and needles</li> <li>• leg pain or cramps in legs</li> <li>• rash or redness or itchiness of skin</li> <li>• aching muscles or aching joints not caused by exercise or muscle spasms</li> <li>• changes in the levels of potassium or sodium or uric acid in your blood (such changes are usually detected by a blood test)</li> <li>• symptoms that may indicate low sodium levels in the blood, such as headache, dizziness, confusion, forgetfulness, weakness, unsteadiness or difficulty concentrating</li> <li>• sleep disturbances or trouble sleeping</li> <li>• increased sweating</li> <li>• impotence</li> </ul> <p><b>Nervous system disorders:</b></p> <ul style="list-style-type: none"> <li>• fainting</li> <li>• dizziness</li> <li>• spinning sensation</li> <li>• feeling anxious</li> <li>• depression</li> </ul> <p><b>Eye related disorders:</b></p> <ul style="list-style-type: none"> <li>• decrease in vision or pain in your eyes due to high pressure (possible signs of fluid accumulation in the vascular</li> </ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

<ul style="list-style-type: none"> <li>• layer of the eye or acute angle-closure glaucoma)</li> <li>• eye pain</li> <li>• abnormal or blurred vision</li> </ul> <p><b>Heart related disorders:</b></p> <ul style="list-style-type: none"> <li>• chest pain</li> <li>• changes in heart rhythm or increased heart rate</li> </ul> <p><b>Liver related problems</b></p> <ul style="list-style-type: none"> <li>• liver problems</li> </ul>	
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## Serious side effects

Serious side effects	What to do
<p><b>Immune system disorders:</b></p> <ul style="list-style-type: none"> <li>• developing or worsening of a disease called systemic lupus erythematosus which affects the skin, joints and kidney</li> </ul> <p><b>Breathing related disorders:</b></p> <ul style="list-style-type: none"> <li>• acute respiratory distress which is a very rare but possible side effect (signs include severe shortness of breath, fever, weakness and confusion)</li> </ul> <p><b>Skin related disorders:</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</li> <li>• severe and sudden onset of pinkish, itchy swellings on the skin, also called hives or nettle rash</li> <li>• 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</li> <li>• any changes to your skin, including lips</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>

**Tell your doctor or pharmacist if you experience symptoms like** - feeling very thirsty, sleepy, sick or vomiting, a dry mouth, general weakness, restlessness, seizures (fits), confusion, muscle pain or cramps, passing less urine than normal and a very fast heart rate. It may mean that the hydrochlorothiazide part of Telmisartan/HCT Sandoz is having an excessive effect.

**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 Telmisartan/HCT Sandoz contains

<b>Active ingredient (main ingredient)</b>	telmisartan and hydrochlorothiazide
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>• crospovidone</li><li>• meglumine</li><li>• sodium hydroxide</li><li>• povidone</li><li>• lactose monohydrate</li><li>• lactose anhydrous</li><li>• magnesium stearate</li><li>• macrogol poly(vinyl alcohol) grafted copolymer</li><li>• citric acid monohydrate</li><li>• colloidal anhydrous silica</li><li>• iron oxide yellow (in Telmisartan/HCT Sandoz 40mg/12.5mg tablet and Telmisartan/HCT Sandoz 80mg/25mg tablets)</li><li>• iron oxide red (in Telmisartan/HCT Sandoz 40mg/12.5mg tablet)</li></ul>
<b>Potential allergens</b>	sugars as lactose

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

### What Telmisartan/HCT Sandoz looks like

Telmisartan/HCT Sandoz 40 mg/12.5 mg tablet – red, oval, biconvex filmcoated tablet debossed with 40 on one side and with 12.5 on the other side. Available in blister packs of 28 tablets (Aust R 201356).

Telmisartan/HCT Sandoz 80 mg/12.5 mg tablet - white to white off, oval, biconvex film-coated tablet debossed with 80 on one side and with 12.5 on the other side . Available in blister packs of 28 tablets (Aust R 201359).

Telmisartan HCT Sandoz 80 mg/25 mg tablet - yellow, oval, biconvex film-coated tablet debossed with 80 on one side and with 25 on the other side. Available in blister packs of 28 tablets (Aust R 201358).

## Who distributes Telmisartan/HCT Sandoz

Sandoz Pty Ltd  
100 Pacific Highway  
North Sydney, NSW 2060  
Australia  
Tel 1800 726 369

This leaflet was prepared in December 2025.

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