

Hygroton[®] 25

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 Hygroton 25 ?

Hygroton 25 contains the active ingredient chlortalidone. Hygroton 25 is used to treat high blood pressure (also called hypertension) and fluid build-up.

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

2. What should I know before I use Hygroton 25?

Do not use if you have ever had an allergic reaction to Hygroton 25 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 Hygroton 25?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Hygroton 25 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 Hygroton 25?

For an adult, the usual dose ranges from 12.5 mg to 50 mg (half a tablet to two tablets), taken each day or sometimes every other day. For a child, the dose needed will depend on how much the child weighs. More instructions can be found in Section [4. How do I use Hygroton 25?](#) in the full CMI.

5. What should I know while using Hygroton 25 ?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Hygroton 25.• If you are going to have surgery, tell your surgeon or anaesthetist that you are taking Hygroton 25• If you become pregnant while taking this medicine, tell your doctor immediately.
Things you should not do	<ul style="list-style-type: none">• Do not stop taking your medicine or lower the dosage without checking with your doctor.• Do not take Hygroton 25 to treat any other complaints unless your doctor tells you to.
Driving or using machines	<ul style="list-style-type: none">• Be careful driving, operating machinery or doing jobs that require you to be alert until you know how Hygroton 25 affects you.
Drinking alcohol	<ul style="list-style-type: none">• Be careful when drinking alcohol while you are taking this medicine
Looking after your medicine	<ul style="list-style-type: none">• Keep your tablets in a cool dry place where the temperature stays below 30°C.

For more information, see Section [5. What should I know while using Hygroton 25?](#) in the full CMI.

6. Are there any side effects?

Common side effects include dizziness or light-headedness, especially on standing up, loss of appetite, stomach upset, nausea (feeling sick) or vomiting, diarrhoea or constipation, headache.

Serious side effect include shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

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.

Hygroton® 25

Active ingredient(s): *Chlortalidone*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Hygroton 25. **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 Hygroton 25.**

Where to find information in this leaflet:

- [1. Why am I using Hygroton 25 ?](#)
- [2. What should I know before I use Hygroton 25 ?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Hygroton 25?](#)
- [5. What should I know while using Hygroton 25 ?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Hygroton 25?

Hygroton 25 contains the active ingredient chlortalidone.

Hygroton 25 belongs to a group of medicines called diuretics (commonly called fluid or water tablets). These medicines help to reduce the amount of salt and water in the body by acting on the kidneys to increase the flow of urine. Hygroton 25 is used to treat high blood pressure (also called hypertension) and fluid build-up. Everyone has blood pressure. This pressure helps to move your blood around your body. Your blood pressure may be different at various times of the day, and can be affected by how busy you are.

You have high blood pressure (hypertension) when your blood pressure stays higher than is needed even when you are calm and relaxed. There may be no symptoms of high blood pressure so you need to have it checked regularly. If high blood pressure is not treated, it can lead to serious health problems. Hygroton 25 helps to lower your blood pressure.

Hygroton 25 is also used to treat fluid build-up caused by heart or liver problems.

Hygroton 25 can be used alone or in combination with other medicines to treat your condition.

2. What should I know before I use Hygroton 25?

Warnings

Do not use Hygroton 25 if:

- you are allergic to chlortalidone, or any of the ingredients listed at the end of this leaflet.
- any other medicines with a similar structure (e.g. thiazide diuretics or sulfur drugs) Some of the symptoms of an allergic reaction may include:

- shortness of breath,
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin.

Check with your doctor if you:

- have any other medical conditions like severe kidney or liver failure, too little potassium or sodium in your blood, too much calcium in your blood, gout or if you have had gout in the past, high blood pressure during pregnancy, adrenal glands not working properly.
- are not sure whether any of the above medical conditions apply to you, ask your doctor or pharmacist 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. have or have had any of the following medical conditions:
 - any form of kidney or liver trouble
 - a problem with your heart
 - unusual amount of salt in your body
 - diabetes
 - high cholesterol
 - If you experience a decrease in vision or eye 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 a week of taking Hygroton 25. This can lead to permanent vision loss, if not treated. If you earlier have had a penicillin or sulfonamide allergy, you can be at higher risk of developing this.

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

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.

Hygroton 25 may affect your baby during pregnancy and at birth. The active ingredient in Hygroton 25 passes into breast milk and there is a possibility that your baby could be affected. Your doctor can discuss the risks and benefits involved.

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 Hygroton 25 and affect how it works. These include:

- some medicines used to treat high blood pressure or heart problems (e.g. ACE inhibitors, digitalis)
- medicines used to relax muscles
- insulin or other medicines for diabetes
- medicines for arthritis, pain or inflammation, such as nonsteroidal anti-inflammatory drugs (called NSAIDs)
- asthma relievers
- amphotericin B, a medicine used to treat fungal infections
- carbenoxolone, a medicine for stomach ulcer
- ACTH, a medicine for increasing steroid levels in the body
- steroid medicines, such as cortisone or prednisone
- lithium, a medicine used for mood swings and some types of depression
- colestyramine, a medicine used to lower high cholesterol
- allopurinol, a medicine for gout
- vitamin D or calcium supplements
- ciclosporin, a medicine used to prevent organ transplant rejection or to treat certain problems with the immune system
- medicines for Parkinson's disease (e.g. amantadine, biperiden)
- atropine, a medicine used in some eye drops or products to manage diarrhoea
- some medicines used to treat cancer or to treat joint pain and swelling (e.g. cyclophosphamide monohydrate, methotrexate)

These medicines may be affected by Hygroton 25 or may affect how well it works. 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 Hygroton.

4. How do I use Hygroton 25?

How much to take / use

- You will usually be started on a low dose of Hygroton 25 and, if necessary, your doctor will increase the dose gradually. For an adult, the usual dose ranges from 12.5 mg to 50 mg (half a tablet to two tablets), taken each day or sometimes every other day. For a child, the dose needed will depend on how much the child weighs.
- Follow the instructions provided and use Hygroton 25 until your doctor tells you to stop.

When to take Hygroton 25

- Hygroton 25 should be used during a meal with a full glass of water.

- If you take only one dose of Hygroton 25 each day, take it in the morning unless your doctor tells you otherwise.
- If you take more than one dose each day, take the last dose no later than 6 pm if possible.
- Diuretic medicines tend to increase the amount of urine you pass. It is best to take the last dose of medicine no later than 6 pm so that you will not have to get up during the night to urinate.

If you forget to use Hygroton 25

Hygroton 25 should be used regularly at the same time each day.

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 when to take your medicine, ask your pharmacist for some hints.

If you use too much Hygroton 25

If you think that you have used too much Hygroton 25, 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 Hygroton 25?

Things you should do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Hygroton 25.

Tell any other doctors, dentists and pharmacists who treat you that you are taking this medicine.

If you are going to have surgery, tell your surgeon or anaesthetist that you are taking Hygroton 25. This will help to prevent unwanted side effects such as a sudden drop in

blood pressure. Hygroton 25 may affect other medicines used during surgery.

Call your doctor straight away if you:

Become pregnant while taking this medicine, tell your doctor immediately. 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 will want to check your heart and blood pressure and do regular blood tests to make sure the treatment is working and to prevent unwanted side effects.

Follow any instructions that your doctor gives you to maintain the correct level of a salt (called potassium) in your blood. Hygroton 25 may sometimes cause your body to lose too much potassium. To help prevent this from happening, your doctor may ask you to:

- eat foods that have high potassium content (such as vegetables, fruit, fresh fruit juices, nuts, legumes and wholegrain cereals).
- take a potassium supplement
- take another medicine to help prevent the loss of potassium.

It is important not to add potassium to your diet without your doctor's advice. Extra potassium may not be needed and, in some cases, could be harmful.

If you are sick and have severe or continuing vomiting or diarrhoea, tell your doctor.

Vomiting and diarrhoea may cause your body to lose too much salt and water, causing unwanted side effects.

If you are being treated for diabetes, monitor your blood sugar carefully and report any problems to your doctor.

Hygroton 25 may increase your blood sugar levels and affect how well your diabetes is controlled. The dose of your medicines for diabetes may have to be changed.

Remind any doctor, dentist or pharmacist you visit that you are using Hygroton 25.

Things you should not do

- Do not take Hygroton 25 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 or if their condition seems similar to yours.

Do not stop taking your medicine or lower the dosage without checking with your doctor. If you stop taking it suddenly, your condition may worsen.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Hygroton 25 affects you.

Hygroton 25 may cause dizziness, light-headedness or blurred vision in some people. If you have any of these symptoms, do not drive or do anything else that could be dangerous.

If you feel light-headed, dizzy or faint when getting up from a sitting or lying position, get up slowly.

These symptoms may be due to a sudden fall in your blood pressure. If this problem gets worse or doesn't go away, talk to your doctor.

To avoid symptoms of low blood pressure, here are some hints that may help:

- stand up slowly to help your body get used to the change in position and blood pressure
- if you feel dizzy, sit or lie down until you feel better
- if you feel faint, breathe deeply, sit down, bend forward and put your head between your knees
- avoid alcohol or medicines to help you sleep as they may make your blood pressure fall even more
- take extra care when exercising, driving or standing for long periods, especially in hot weather. Drink plenty of fluids, especially if you sweat a lot.

Be careful to stay out of direct sunlight as much as possible until you find out if your skin is more sensitive to the sun than usual. Wear protective clothing and use a sunscreen. Do not use a sunlamp.

In rare cases, this medicine can make the skin more sensitive to sunlight than usual.

Drinking alcohol

Be careful when drinking alcohol while you are taking this medicine. If you drink alcohol, it can cause a sudden drop in your blood pressure and dizziness or light-headedness may be worse.

Looking after your medicine

Keep your tablets in a cool dry place where the temperature stays below 30°C. 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.

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

When to discard your medicine

If your doctor tells you to stop taking Hygroton 25 or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

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.

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Hygroton 25.

This medicine helps most people with high blood pressure, but it may have unwanted side effects in a few people. All medicines can have side effects.

Sometimes they are serious, but most of the time they are not. You may need medical attention if you get some of the side effects.

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

Less serious side effects

Less serious side effects	What to do
<p>Neurological Effects</p> <ul style="list-style-type: none"> dizziness or light-headedness, especially on standing up headache <p>Gastrointestinal Effects</p> <ul style="list-style-type: none"> loss of appetite stomach upset nausea (feeling sick) or vomiting diarrhoea or constipation <p>Skin and Allergic Reactions</p> <ul style="list-style-type: none"> skin rash <p>Sexual / Reproductive Effects</p> <ul style="list-style-type: none"> problems with sexual function. 	<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
<p>General</p> <ul style="list-style-type: none"> unusual tiredness, lack of energy or weakness, sometimes with nausea and a feeling of disorientation constant "flu-like" symptoms (chills, fever, sore throat, aching joints, swollen glands) <p>Respiratory Effects</p> <ul style="list-style-type: none"> difficulty breathing <p>Blood / Haematological Effects</p> <ul style="list-style-type: none"> unusual bleeding or bruising, reddish or purplish blotches under the skin <p>Gastrointestinal Effects</p> <ul style="list-style-type: none"> pain in the abdomen with nausea, vomiting and fever <p>Liver-Related Effects</p> <ul style="list-style-type: none"> yellowing of the skin or eyes <p>Cardiovascular Effects</p> <ul style="list-style-type: none"> irregular heart beat 	<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>

Neurological / Peripheral Nervous System Effects

- burning, numbness or pain in arms and legs

Musculoskeletal / Metabolic Effects

- symptoms of gout such as pain and swelling of the joints, often in the big toe

Urinary / Renal Effects

- difficulty urinating, sometimes with pain or fever

Eye / Vision Effects

- blurred or changed vision
- 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)

Skin and Photosensitivity Reactions

- symptoms of sunburn (redness, itching, swelling, blistering) that happen much more quickly than normal.

Serious Allergic / Hypersensitivity Reactions

- serious allergic reaction (shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin).

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 Hygroton 25 contains

Active ingredient (main ingredient)	chlortalidone
Other ingredients (inactive ingredients)	<ul style="list-style-type: none">• colloidal anhydrous silica• lactose monohydrate• magnesium stearate• maize starch• purified talc• iron oxide yellow• iron oxide red

This medicine does not contain sucrose, gluten, preservatives, tartrazine or any other azo dyes.

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

What Hygroton 25 looks like

Hygroton 25 tablets are pale orange, speckled, round flat tablets with bevelled edges. One side bears the imprint "CW" with a score line and there is nothing on the other side. Each bottle contains 50 tablets.

Australian Registration Number: AUST R 11035

Who distributes Hygroton 25

Distributed in Australia by:

Amdipharm Mercury (Australia) Pty Ltd

Level 9, 76 Berry Street

North Sydney NSW 2060

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