

## **Package leaflet: Information for the patient**

### **Co-Hypertonic 50 mg/12.5 mg tablets** losartan potassium/hydrochlorothiazide

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

#### **What is in this leaflet:**

1. What Co-Hypertonic is and what it is used for
2. What you need to know before you take Co-Hypertonic
3. How to take Co-Hypertonic
4. Possible side effects
5. How to store Co-Hypertonic
6. Contents of the pack and other information

#### **1. What Co-Hypertonic is and what it is used for**

Co-Hypertonic is a combination of an angiotensin II receptor antagonist (losartan) and a diuretic (hydrochlorothiazide). Angiotensin II is a substance produced in the body which binds to receptors in blood vessels, causing them to tighten. This results in an increase in blood pressure. Losartan prevents the binding of angiotensin II to these receptors, causing the blood vessels to relax which in turn lowers the blood pressure. Hydrochlorothiazide works by making the kidneys pass more water and salt. This also helps to reduce blood pressure.

Co-Hypertonic is indicated for the treatment of essential hypertension (high blood pressure).

#### **2. What you need to know before you take Co-Hypertonic**

##### **Do not take Co-Hypertonic**

- if you are allergic to losartan, hydrochlorothiazide or to any of the other ingredients of this medicine (listed in section 6),
- if you are allergic to other sulfonamide-derived substances (e.g. other thiazides, some antibacterial drugs such as co-trimoxazole, ask your doctor if you are not sure),
- if you have severely impaired liver function,
- if you have low potassium, low sodium or high calcium levels which cannot be corrected by treatment,
- if you are suffering from gout,
- if you are more than 3 months pregnant (It is also better to avoid Co-Hypertonic in early pregnancy - see Pregnancy section),
- if you have severely impaired kidney function or your kidneys are not producing any urine,
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine containing aliskiren.

#### **Warnings and precautions**

Talk to your doctor or pharmacist before taking Co-Hypertonic.

You must tell your doctor if you think you are (or might become) pregnant. Co-Hypertonic is not recommended in early pregnancy, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if used at that stage (see pregnancy section).

It is important to tell your doctor before taking Co-Hypertonic:

- if you have previously suffered from swelling of the face, lips, throat or tongue;
- if you take diuretics (water pills);
- if you are on a salt-restricted diet;
- if you have or have had severe vomiting and/or diarrhoea;
- if you have heart failure;
- if your liver function is impaired (see section 2 “Do not take Co-Hypertonic”);
- if you have narrow arteries to your kidneys (renal artery stenosis) or only have one functioning kidney, or you have recently had a kidney transplant;
- if you have narrowing of the arteries (atherosclerosis), angina pectoris (chest pain due to poor heart function);
- if you have ‘aortic or mitral valve stenosis’ (narrowing of the valves of the heart) or ‘hypertrophic cardiomyopathy’ (a disease causing thickening of heart muscle);
- if you are diabetic;
- if you have had gout;
- if you have or have had an allergic condition, asthma or a condition that causes joint pain, skin rashes and fever (systemic lupus erythematosus);
- if you have a condition that causes joint pain, skin rashes and fever (systemic lupus erythematosus);
- if you have high calcium or low potassium levels or you are on a low potassium diet;
- if you need to have an anaesthetic (even at the dentist) or before surgery, or if you are going to have tests to check your parathyroid function, you must tell the doctor or medical staff that you are taking losartan potassium and hydrochlorothiazide tablets;
- if you suffer from primary hyperaldosteronism (a syndrome associated with increased secretion of the hormone aldosterone by the adrenal gland, caused by an abnormality within the gland);
- if you have had skin cancer or 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 (non-melanoma skin cancer). Protect your skin from sun exposure and UV rays while taking Co-Hypertonic.
- 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 Co-Hypertonic. 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.
- if you are taking any of the following medicines used to treat high blood pressure:
  - an ACE-inhibitor (for example enalapril, lisinopril, ramipril), in particular if you have diabetes-related kidney problems;
  - aliskiren.

Your doctor may check your kidney function, blood pressure, and the amount of electrolytes (e.g. potassium) in your blood at regular intervals.

See also information under the heading “Do not take Co-Hypertonic”.

### **Children and adolescents**

There is no experience with the use of losartan potassium/hydrochlorothiazide in children. Therefore, Co-Hypertonic should not be given to children.

### **Other medicines and Co-Hypertonic**

Tell your doctor or pharmacist if you are taking, have recently taken, or might take any other medicines.

Diuretic agents such as the hydrochlorothiazide contained in Co-Hypertonic may interact with other medicines.

Preparations containing lithium should not be taken with Co-Hypertonic without close supervision by your doctor.

Special precautions (eg blood tests) may be appropriate if you are taking potassium supplements, potassium-containing substitutes or potassium-sparing medicines, other diuretics (medicines to pass more urine), some laxatives, medicines to treat gout, medicines to control heart rhythm or diabetes (oral products or insulin).

Your doctor may need to change your dose and/or to take other precautions:

If you are taking an ACE-inhibitor or aliskiren (see also information under the headings “Do not take Co-Hypertonic” and “Warnings and precautions”).

It is also important for your doctor to know if you are taking:

- other medicines to reduce your blood pressure;
- steroids;
- medicines to treat cancer;
- pain killers;
- drugs for treatment of fungal infections;
- arthritis medicines;
- resins used for high cholesterol, such as colestyramine;
- medicines which relax your muscles;
- sleeping tablets;
- opioid medicines such as morphine;
- ‘pressor amines’ such as adrenaline or other drugs from the same group;
- oral agents for diabetes or insulins.

Please also inform your doctor you are taking Co-Hypertonic if you will be undergoing a radiographic procedure and will be given iodine contrast media.

### **Co-Hypertonic with food and drink**

You are advised not to drink alcohol whilst taking these tablets: alcohol and Co-Hypertonic tablets may increase each other’s effects.

Dietary salt in excessive quantities may counteract the effect of Co-Hypertonic tablets.

Co-Hypertonic tablets may be taken with or without food.

### **Pregnancy and breast-feeding**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

#### *Pregnancy*

You must tell your doctor if you think you are (or might become) pregnant. Your doctor will normally advise you to stop taking Co-Hypertonic before you become pregnant or as soon as you know you are pregnant and will advise you to take another medicine instead of Co-Hypertonic. Co-Hypertonic is not recommended during pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if used after the third month of pregnancy.

#### *Breast-feeding*

Tell your doctor if you are breast-feeding or about to start breast-feeding. Co-Hypertonic is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for

you if you wish to breast-feed.

### **Use in elderly patients**

Co-Hypertonic works equally well in and is equally well tolerated by most older and younger adult patients. Most older patients require the same dose as younger patients.

### **Driving and using machines**

When you begin treatment with this medication, you should not perform tasks which may require special attention (for example, driving an automobile or operating dangerous machinery) until you know how you tolerate your medicine.

### **Co-Hypertonic contains lactose**

Co-Hypertonic contains lactose monohydrate. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

## **3. How to take Co-Hypertonic**

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Your doctor will decide on the appropriate dose of Co-Hypertonic depending on your condition and whether you are taking other medicines. It is important to continue taking Co-Hypertonic for as long as your doctor prescribes it in order to maintain smooth control of your blood pressure.

### **High Blood Pressure**

The usual dose of Co-Hypertonic for most patients with high blood pressure is 1 tablet of Co-Hypertonic 50 mg/12.5 mg per day to control blood pressure over the 24-hour period. This can be increased to 2 tablets once daily of Co-Hypertonic 50 mg/12.5 mg per day. The maximum daily dose is 2 tablets per day of this medicine.

If you have the impression that the effect of this medicine is too strong or too weak, talk to your doctor or pharmacist.

### **If you take more Co-Hypertonic than you should**

In case of an overdose, contact your doctor immediately so that medical attention may be given promptly. Overdose can cause a drop in blood pressure, palpitations, slow pulse, changes in blood composition, and dehydration.

### **If you forget to take Co-Hypertonic**

Try to take Co-Hypertonic daily as prescribed. However, if you miss a dose, do not take an extra dose. Just resume your usual schedule.

## **4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you experience the following, stop taking Co-Hypertonic and tell your doctor immediately or go to the casualty department of your nearest hospital.

A severe allergic reaction (rash, itching, swelling of the face, lips, mouth or throat that may cause difficulty in swallowing or breathing).

This is a serious but rare side effect, which affects more than 1 out of 10 000 patients but fewer than 1 out of 1 000 patients. You may need urgent medical attention or hospitalisation.

The following side effects have been reported:

*Common (may affect up to 1 in 10 people):*

- cough, upper airway infection, congestion in the nose, sinusitis, sinus disorder;
- diarrhoea, abdominal pain, nausea, indigestion;
- muscle pain or cramps, leg pain, back pain;
- insomnia, headache, dizziness;
- weakness, tiredness, chest pain;
- increased potassium levels (which can cause an abnormal heart rhythm),
- decreased haemoglobin levels;
- changes in kidney function including kidney failure;
- too low sugar in the blood (hypoglycaemia).

*Uncommon (may affect up to 1 in 100 people):*

- anaemia, red or brownish spots on the skin (sometimes especially on the feet, legs, arms and buttocks, with joint pain, swelling of the hands and feet and stomach pain), bruising, reduction in white blood cells, clotting problems, reduced number of platelets;
- loss of appetite, increased uric acid levels or gout, increased blood sugar levels, abnormal blood electrolyte levels;
- anxiety, nervousness, panic disorder (recurring panic attacks), confusion, depression, abnormal dreams, sleep disorders, sleepiness, memory impairment;
- pins and needles or similar sensations, pain in the extremities, trembling, migraine, fainting;
- blurred vision, burning or stinging in the eyes, conjunctivitis, worsening eyesight, seeing things in yellow;
- ringing, buzzing, roaring or clicking in the ears, vertigo;
- low blood pressure, which may be associated with changes in posture (feeling light-headed or weak when you stand up), angina (chest pain), abnormal heartbeat, cerebrovascular accident (“mini-stroke”), heart attack, palpitations;
- inflammation of blood vessels, which is often associated with a skin rash or bruising;
- sore throat, breathlessness, bronchitis, pneumonia, water on the lungs (which causes difficulty breathing), nosebleed, runny nose, congestion;
- constipation, obstipation, wind, stomach upsets, stomach spasms, vomiting, dry mouth, inflammation of a salivary gland, toothache;
- jaundice (yellowing of the eyes and skin), inflammation of the pancreas;
- hives, itching, inflammation of the skin, rash, redness of the skin, sensitivity to light, dry skin, flushing, sweating, hair loss;
- pain in the arms, shoulders, hips, knees or other joints, joint swelling, stiffness, muscle weakness;
- frequent urination including at night, abnormal kidney function including inflammation of the kidneys, urinary tract infection, sugar in the urine;
- decreased sexual appetite, impotence;
- swelling of the face, localised swelling (oedema), fever.

*Rare (may affect up to 1 in 1,000 people):*

- hepatitis (inflammation of the liver), abnormal liver function tests.

*Not known (frequency cannot be estimated from the available data):*

- skin and lip cancer (non-melanoma skin cancer);
- 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);
- flu-like symptoms;
- unexplained muscle pain with dark (tea-coloured) urine (rhabdomyolysis);
- low levels of sodium in the blood (hyponatraemia);

- generally feeling unwell (malaise);
- disturbed taste (dysgeusia).

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the national reporting system of Bulgarian Drug Agency.

### **Contacts:**

Bulgarian Drug Agency  
8 Damyan Gruev Str.,  
1303 Sofia,  
Tel.: +359 2 890 3417  
Website: [www.bda.bg](http://www.bda.bg)

By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Co-Hypertonic**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the container. The expiry date refers to the last day of that month.

Store Co-Hypertonic in the original package in order to protect from light and moisture.  
Do not store the package above 30°C.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Co-Hypertonic contains**

The active substances are losartan potassium 50 mg and hydrochlorothiazide 12.5 in one film-coated tablet.

The other ingredients are: microcrystalline cellulose, lactose monohydrate, pregelatinised maize starch, sodium starch glycolate (type A), magnesium stearate, hydroxypropyl cellulose, hypromellose, titanium dioxide (E171).

### **What Co-Hypertonic looks like and contents of the pack**

Co-Hypertonic 50 mg/12.5 mg are white, round, biconvex film-coated tablets with a score line on one side. The score line is used to separate the tablet to make it easier to swallow, not to divide it into equal doses.

Co-Hypertonic is available in blisters of PVC / PE / PVDC / aluminum foil, 30 tablets in a carton.

### **Marketing Authorisation Holder and manufacturer**

Tchaikapharma High Quality Medicines Inc.  
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*For any information about this medicine, please contact the local representative of the Marketing*

*Authorisation Holder.*

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