

CONSUMER MEDICINE INFORMATION

ARROW - QUINAPRIL

Quinapril 5 mg, 10 mg, 20 mg Tablets

What is in this leaflet

This leaflet answers some common questions about ARROW - QUINAPRIL.

It does not contain all of the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking ARROW - QUINAPRIL against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, talk to your doctor or pharmacist.

Keep this leaflet with your medicine. You may need to read it again.

What ARROW - QUINAPRIL is used for

ARROW - QUINAPRIL is used to lower high blood pressure (hypertension). It is also used to treat heart failure.

Hypertension

ARROW – QUINAPRIL is used to lower high blood pressure (hypertension). Everyone has blood pressure. This pressure helps get your blood all 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.

There are usually no symptoms 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.

Heart Failure

Heart failure means that the heart muscle cannot pump blood strongly enough to supply all the blood needed throughout the body. Heart failure is not the same as heart attack and does not mean that the heart stops.

Heart failure may start off with no symptoms, but as the condition progresses, patients may feel short of breath or may get tired easily after light physical activity such as walking. Some patients may wake up short of breath at night.

Fluid may collect in different parts of the body, often first noticed as swollen ankles and feet.

ARROW – QUINAPRIL works by widening your blood vessels, which reduces pressure in the vessels, making it easier for your heart to pump around your body.

This helps increase the supply of oxygen to your heart, so that when you place extra demands on your heart, so that when you place extra demands on your heart, such as during exercise, your heart may cope better and you may not get short of breath as easily.

ARROW – QUINAPRIL belongs to a group of medicines called angiotensin converting enzyme (ACE) inhibitors.

Your doctor may have prescribed ARROW – QUINAPRIL for another reason. Ask your doctor if you have any questions about why ARROW – QUINAPRIL has been prescribed for you.

ARROW – QUINAPRIL is not addictive.

ARROW - QUINAPRIL is available only with a doctor's prescription.

Before you take ARROW - QUINAPRIL

When you must not take it

Do not take ARROW - QUINAPRIL if:

- **you have an allergy to ARROW – QUINAPRIL or any other medicine containing quinapril, or any of the ingredients listed at the end of this leaflet.**
Symptoms of an allergic reaction may include skin rash, itchiness, shortness of breath, swelling of the face, lips or tongue, muscle pain or tenderness or joint pain.
- **you or your family have a history of swelling of the face, lips or tongue, throat, hands or feet for no apparent reason**
- **you have kidney problems or a condition called “renal artery stenosis”**
- **you have regular dialysis for blood filtration**

You may experience an allergic reaction.

Do not take ARROW - QUINAPRIL if you are pregnant or breastfeeding.

ARROW - QUINAPRIL may enter your womb or it may pass into the breast milk and there is the possibility that your baby may be affected.

Do not take ARROW - QUINAPRIL after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking ARROW – QUINAPRIL, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to:

- any other medicines
- any other substances such as foods, preservatives or dyes.

Tell your doctor if you have or have had any medical conditions, especially the following:

- kidney problems, or are having dialysis
- liver problems
- heart problems
- low blood pressure, which you may notice as dizziness or lightheadedness
- diabetes
- high levels of potassium in your blood

You must also tell your doctor if you:

- are following a very low salt diet
- are about to receive desensitisation therapy for an allergy
- are about to undergo dialysis or lipoprotein apheresis
- are about to have surgery or a general anaesthetic
- plan to become pregnant or breastfeed

If you have not told your doctor about any of the above, tell them before you start taking ARROW – QUINAPRIL.

Taking other medicines

Tell your doctor if you are taking any other medicines, including those you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and ARROW – QUINAPRIL may interfere with each other. These include:

- other medicines used to treat high blood pressure
- other medicines that work in a similar fashion to ACE inhibitors, such as Angiotensin Receptor Blockers (there are used to treat high blood pressure and/or heart failure)
- diuretics, also known as fluid or water tablets
- non-steroidal anti-inflammatory drugs (NSAIDs) or Cox 2 inhibiting medicines used to relieve pain, swelling and other symptoms of inflammation, including arthritis
- potassium supplements or potassium-containing salt substitutes

- lithium, a medicine used to treat mood swings and some types of depression
- tetracycline antibiotics
- certain medicines used to treat bacterial and fungal infections

These medicines may be affected by ARROW – QUINAPRIL, or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while taking ARROW - QUINAPRIL.

Use in children

The safety and effectiveness of ARROW – QUINAPRIL in children have not been established.

How to take ARROW - QUINAPRIL

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

They may differ from the information contained in this leaflet.

Your doctor or pharmacist will tell you how many tablets you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

How much to take

For high blood pressure:

For most patients, not on diuretics, the usual starting dose is 5 to 10mg taken once a day. The dose may need to be increased depending on your blood pressure at an interval of 4 weeks. Most patients take between 10 and 40 mg each day.

This dose may be taken once a day or divided into two equal doses per day.

For heart failure:

The usual starting dose is 5 mg taken once a day. In most patients, effective doses are between 10 and 20 mg a day. Your doctor will advise whether the dose is to be taken as a single dose or as two separate doses.

How to take it

Swallow ARROW - QUINAPRIL whole with a full glass of water.

Do not chew the tablets.

When to take it

Take ARROW – QUINAPRIL at about the same time each day.

Taking your tablets at the same time each day will have the best effect. It will also help you remember when to take the tablets.

Take ARROW – QUINAPRIL before meals.

Food with a high fat content may interfere with the absorption of ARROW - QUINAPRIL.

How long to take it

ARROW - QUINAPRIL helps control your condition, but does not cure it. Therefore you must take ARROW - QUINAPRIL every day. Continue taking your medicine for as long as your doctor tells you.

If you forget to take it

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 missed dose as soon as you remember, and then go back to taking your tablets 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 take too much ARROW - QUINAPRIL (overdose)

Immediately telephone your doctor, or the National Poisons Information Centre (0800 POISON or 0800 764 766), or go to the Accident and Emergency department at your nearest hospital, if you think that you or anyone else may have taken too many ARROW - QUINAPRIL Tablets.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

If you take too much ARROW - QUINAPRIL, you may feel lightheaded, dizzy or you may feel faint.

While you are taking ARROW - QUINAPRIL

Things you must do

If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking ARROW - QUINAPRIL.

Make sure you drink enough water during exercise and hot weather when you are taking ARROW – QUINAPRIL, especially if you sweat a lot.

If you do not drink enough water while taking ARROW – QUINAPRIL, you may feel faint, lightheaded or sick. This is because your blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.

If you have excess vomiting or diarrhoea while taking ARROW – QUINAPRIL, tell your doctor.

You may lose too much water and salt and your blood pressure may drop too much.

If you feel lightheaded or dizzy after taking your first dose of ARROW – QUINAPRIL, or when your dose is increased, tell your doctor immediately.

This is especially important if you are taking ARROW – QUINAPRIL for heart failure.

If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking ARROW - QUINAPRIL.

Your blood pressure may drop suddenly.

If you become pregnant while taking ARROW - QUINAPRIL, tell your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking ARROW - QUINAPRIL.

ARROW - QUINAPRIL may interfere with results of some tests.

Have your blood pressure checked when your doctor says, to make sure ARROW – QUINAPRIL is working.

Go to your doctor regularly for a check up.

Your doctor may occasionally do a blood test to check your potassium levels and see how your kidneys are working.

Things you must not do

Do not give ARROW - QUINAPRIL to anyone else, even if they have the same condition as you.

Do not take ARROW – QUINAPRIL to treat any other complaints unless your doctor or pharmacist tells you to.

Do not stop taking ARROW – QUINAPRIL, or lower the dosage, without checking with your doctor.

Things to be careful of

If you feel lightheaded, dizzy or faint when getting out of bed or standing up, get up slowly.

Standing up slowly, especially when you get up out of bed or chairs, 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.

Be careful driving or operating machinery until you know how ARROW - QUINAPRIL affects you.

As with other ACE inhibitors, ARROW - QUINAPRIL may cause dizziness, light-headedness, tiredness and drowsiness in some people. Make sure you know how you react to ARROW - QUINAPRIL before you drive, operate machinery or do anything else that could be dangerous if you are dizzy or light-headed. If you drink alcohol, dizziness or light-headedness may be worse.

Things that would be helpful for your blood pressure or heart failure

Some self help measures suggested below may help your condition.

Talk to your doctor or pharmacist about these measures and for more information.

- Alcohol - your doctor may advise you to limit your alcohol intake.
- Diet - eat a healthy diet, which includes plenty of fresh vegetables, fruit, bread, cereals and fish. Also eat less fat and sugar.
- Exercise - regular exercise, maintained over the long term, helps to reduce blood pressure and helps the heart get fitter. Regular exercise also improves your blood cholesterol levels, helps reduce your weight and stress levels, and improves your sleep, mood and ability to concentrate. However, it is important not to overdo it. Before starting any exercise, ask your doctor about the best kind of programme for you.
- Salt - your doctor may advise you to watch the amount of salt in your diet. To reduce your salt intake, you should use a minimal amount of salt in cooking and avoid table salt.
- Smoking - your doctor may advise you to stop smoking or at least cut down
- Weight - your doctor may suggest losing some weight to help lower your blood pressure and help lessen the amount of work your heart has to do. Some people may need a dietician's help to lose weight.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking ARROW - QUINAPRIL.

ARROW – QUINAPRIL helps most people with high blood pressure and heart failure, but it may have some unwanted side effects in a few people. All medicines can have side effects.

Sometimes they are serious, most of the time they are not. You may need medical treatment 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.

Ask your doctor or pharmacist to answer any questions you may have.

Following is a list of possible side effects. Do not be alarmed by this list. You may not experience any of them.

Tell your doctor if you notice any of the following and they worry you:

- feeling light-headed, dizzy or faint because your blood pressure is too low
- dry cough
- headache
- feeling sick (nausea) or vomiting
- stomach pain
- diarrhoea
- constipation
- aching, tender or weak joints or muscles not caused by exercise
- unusual tiredness or weakness, fatigue
- feeling drowsy or sleepy during the day
- feelings of deep sadness and unworthiness (depression)
- hair loss or thinning
- dry mouth or throat
- taste disturbances or loss of taste
- confusion or nervousness
- back pain
- rash
- difficulty in getting or maintaining an erection.

These side effects are usually mild.

Tell your doctor as soon as possible if you notice any of the following:

- disturbed vision
- symptoms of sunburn (such as redness, itching, swelling, blistering) which may occur more quickly than normal
- itchy, raised or red skin rash
- fast or irregular heart beat
- shortness of breath or tightness in the chest
- signs of worrying or frequent infections such as fever, severe chills, sore throat or mouth ulcers
- severe upper stomach pain, often with nausea and vomiting
- passing little or no urine
- bleeding or bruising more easily than normal.

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

If any of the following happen, stop taking ARROW - QUINAPRIL and either tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- fainting within a few hours of taking a dose
- swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- sudden onset of stomach pains or cramps with or without nausea or vomiting
- severe flaking or peeling of the skin
- severe blisters and bleeding in the lips, eyes, mouth, nose and genitals
- chest pain.

These are very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.

Other side effects not listed above may occur in some patients. Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

After taking ARROW - QUINAPRIL

Storage

Keep your tablets in the box until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in the blister packs in a cool, dry place where the temperature stays below 25°C.

Keep ARROW - QUINAPRIL where children cannot reach it.

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

Do not store ARROW - QUINAPRIL or other medicines in the bathroom or near a sink.

Do not leave the tablets in the car or on window sills.

Heat, light and dampness can destroy some medicines.

Disposal

If your doctor or pharmacist tells you to stop taking ARROW - QUINAPRIL, or your tablets have passed their expiry date, ask your pharmacist what to do with any tablets that are left over.

Product description

What it looks like

ARROW – QUINAPRIL 5: Yellow, oval, biconvex film coated tablets, one side scored and embossed '5' on the other side.

ARROW – QUINAPRIL 10: White to almost white, round, biconvex film coated tablets, one side scored and embossed '10' on the other side.

ARROW - QUINAPRIL 20: Yellow, round, biconvex film coated tablets, one side scored and embossed '20' on the other side.

ARROW - QUINAPRIL is available in blister packs of 90 tablets.

Ingredients

The active ingredient in ARROW – QUINAPRIL is quinapril (as hydrochloride).

- each ARROW – QUINAPRIL 5 tablet contains 5 mg of quinapril
- each ARROW – QUINAPRIL 10 tablet contains 10 mg of quinapril
- each ARROW – QUINAPRIL 20 tablet contains 20 mg of quinapril

The tablets also contain

- magnesium carbonate-heavy
- low-substituted hydroxypropyl cellulose
- crospovidone
- magnesium stearate
- Drug Coat E 12.5%
- titanium dioxide
- talc
- macrogol 6000
- yellow iron oxide (5mg & 20mg tablets only).

Supplier

ARROW - QUINAPRIL is distributed in New Zealand by:

Teva Pharma (New Zealand) Limited
PO Box 128 244
Remuera
Auckland 1541
Telephone: 0800 800 097

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4 May 2017

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