

## DURIDE

*60mg tablets*

*Isosorbide-5-mononitrate*



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### What is in this leaflet

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This leaflet answers some common questions about DURIDE. It does not contain all the information available on this medicine. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of using DURIDE against the benefits expected it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist.

Keep this leaflet. You may want to read it again.

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### What DURIDE is used for and how it works

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Duride contains the active ingredient Isosorbide-5-mononitrate. It belongs to a group of medicines known as organic nitrate vasodilators. These medicines work by widening blood vessels, letting more blood and oxygen reach the heart. This means your heart does not need to do as much work and does not require as much oxygen.

DURIDE is used to reduce the number and severity of angina attacks. DURIDE tablets help to stop angina attacks from happening, but are not used to treat sudden angina attacks.

Angina is a pain or uncomfortable feeling in the chest, often spreading to the arms or neck and sometimes to the shoulders and back. This is often caused because there is too little blood and oxygen getting to the heart. The pain of angina is usually brought on by exercise or stress.

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

Duride is not recommended in children, as there is not enough information available on its effects in children.

There is no evidence that DURIDE is addictive.

DURIDE is available only with a prescription from your doctor.

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### Before you take DURIDE

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#### *When you must not take it*

**Do not take Duride if you are allergic to medicines containing isosorbide mononitrate or any other nitrate medicine such as glyceryl trinitrate or isosorbide dinitrate. Additionally, do not take DURIDE if you are allergic to any of the ingredients listed at the end of this leaflet.**

Some of the symptoms of an allergic reaction may include skin rash, itching or hives, swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing, wheezing or shortness of breath.

#### **Do not take Duride if you:**

- have very low blood pressure

- have a condition that has caused swelling of the lining that surrounds the heart (pericarditis)
- have weakened muscle of the heart
- think you may be having a heart attack
- are taking sildenafil (Viagra) or medicine with a similar action.

If Viagra is used in patients taking nitrate preparations such as DURIDE, a severe and possibly dangerous fall in blood pressure can occur. This would result in collapse, unconsciousness and could be fatal. You should not take Viagra while you are taking DURIDE.

**Do not take Duride to relieve a sudden attack of angina.**

Duride is only for the prevention of angina.

**Do not take Duride if the expiry date (Exp.) printed on the pack has passed.**

Do not take Duride if the packaging shows signs of tampering or the tablets do not look quite right.

***Before you start to take it***

**Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives.**

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

Your doctor will discuss the risks and benefits of taking Duride during pregnancy.

**Tell your doctor if you are breastfeeding or wish to breastfeed.**

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

- liver problems
- kidney problems
- low blood pressure
- heart or blood vessel disease.

Your doctor may want to take special care if you have any of these conditions.

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

***Taking other medicines***

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

Some medicines may be affected by Duride, or may affect how well it works. These include:

- medicines used to treat high blood pressure and heart conditions
- sildenafil (Viagra), a medicine used to treat impotence in men.

You may need to take different amounts of your medicine or you may need to take different medicines. Your doctor and pharmacist will have more information and can tell you what to do if you are taking any of these medicines.

If you are not sure whether you are taking any of these medicines, check with your doctor or pharmacist.

Your doctor and pharmacist will have more information on other medicines to be careful with or avoid while taking Duride.

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## How to take DURIDE properly

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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 many Duride tablets to take each day. Follow all directions given to you by your doctor and pharmacist carefully.

The usual dose is one tablet once a day. Some patients may need a different dose. Your doctor will decide the right dose for you.

### ***How to take it***

Swallow the tablets with half a glass of water or other liquid.

Duride tablets can be broken in half if your doctor has prescribed half a tablet.

### **Do not crush or chew the tablets.**

Duride tablets are sustained release. This means the medicine is released into the blood over an extended period of time. If you crush or chew Duride tablets, they will not work as well.

### ***When to take Duride***

Duride can be taken with or without food.

**Take your tablets at about the same time each day.** This helps them to control your angina properly.

**If your doctor tells you to take two tablets each day, take both tablets at the same time.** Taking Duride at 24 hour intervals ensures that the tablets work properly.

### ***If you forget to take Duride***

**If it is more than 8 hours since you should have taken your dose, do not take the missed dose, wait until the right time the next day to take your next dose. 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 getting an unwanted side effect.

**If you are not sure what to do or have any questions, ask your doctor or pharmacist.**

Taking your medicine at the same time each day will have the most effect at treating the infection. Taking your medicine at the same time each day may also help you to remember to take it regularly and avoid missing doses. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

### ***How long to take it***

It is important that you take your DURIDE tablets everyday as prescribed by your doctor. The length of treatment will vary between individuals. Continue taking DURIDE for as long as your doctor prescribes.

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## While you are taking DURIDE

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### ***Things you must do***

**If you continue to have angina attacks, or if they become more frequent while you are taking Duride, tell your doctor.**

**Do not take sildenafil (Viagra) if you are taking Duride, a medicine used to treat impotence in men.** Taking these two medicines together may cause your blood pressure to drop to a dangerously low level. This may lead to fainting or even a heart attack.

**Before starting any new medicine, tell your doctor or pharmacist that you are taking Duride.**

**Tell all the doctors, dentists and pharmacists who are treating you that you are taking Duride.**

**If you become pregnant while taking Duride, tell your doctor.**

**Tell your doctor if you develop a skin rash or hives while taking DURIDE.**

Visit your doctor regularly so they can check on your progress.

### ***Things you must do***

**Do not use Duride to relieve an attack of angina.** Duride is used to prevent angina. Your doctor will have given you other tablets or a spray to use if you have an attack of angina.

**Do not stop taking Duride, or change the dose, without checking with your doctor. Do not let yourself run out of tablets over the weekend or on holidays.** Stopping Duride suddenly may worsen your angina.

Do not use Duride to treat any other conditions unless your doctor tells you to.

Do not give Duride to anyone else, even if his or her symptoms seem similar to yours.

If you are going to have a surgery, tell the surgeon or anaesthetist that you are taking DURIDE.

If you are going to have any blood tests, tell your doctor that you are taking DURIDE.

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how Duride affects you.** Duride may cause dizziness, light-headedness or fainting in some people. If any of these occur, do not drive, operate machinery or do anything that could be dangerous.

**Be careful getting up from a sitting or lying position.** Dizziness, light-headedness or fainting may occur, especially when you get up quickly. Getting up slowly may help.

**Be careful when drinking alcohol while taking Duride.** Combining Duride and alcohol can make you more sleepy, dizzy or light-headed.

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## Side effects

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

Duride helps most people with angina, but it may have unwanted side effects in some 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.

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

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

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

- headache
- dizziness, light-headedness or feeling faint
- feeling sick (nausea)
- poor appetite
- tiredness.

Headache is the most common side effect with Duride. It is most likely to happen when you start treatment and usually goes away within a few days.

**Tell your doctor immediately or go to the nearest the Accident and Emergency Department at your nearest hospital if you notice any of the following:**

- skin rash, itching or hives on the skin;
- swelling of the face, lips, tongue or other part of the body;
- shortness of breath, wheezing or troubled breathing

If you experience any of these side effects you may have had a serious allergic reaction to Duride. You may need urgent medical attention. Allergic reactions are very rare.

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

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## **After taking DURIDE**

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Be aware that the outer shell of Duride tablets passes through the body. This does not affect the way it works.

Duride tablets are made of a wax-like shell that does not dissolve in the body. After the active ingredient, isosorbide mononitrate, has been absorbed into the body, you may see this empty tablet shell in your faeces (bowel motions).

### ***Storage***

**Keep Duride 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.

**Keep your tablets in the blister pack or bottle until it is time to take them.**

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

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

Do not store Duride or any other medicine in the bathroom or near a sink.

Do not leave Duride in the car or on windowsills.

Heat and dampness can destroy some medicines.

## ***Disposal***

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

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## **In case of overdose**

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You should only take the number of tablets that you have been told.

**Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any DURIDE by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the container of DURIDE with you if you can.

Keep telephone numbers for these places handy.

If you take too much Duride, you may have a throbbing headache, a fast heart beat and feel dizzy or faint. You may feel excited, flushed, have cold sweats, feel sick or vomit.

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## **Product Description**

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### ***What DURIDE tablets look like***

Duride tablets are yellow, oval, scored and marked IM|60 on one side and plain on the other.

### ***Ingredients***

The active ingredient in Duride is isosorbide mononitrate. Each Duride tablet contains 60 mg of isosorbide mononitrate.

The tablets also contain:

- silicon dioxide, colloidal
- magnesium stearate
- microcrystalline cellulose
- hard paraffin
- aluminium silicate
- Opadry Yellow OY-LS-22814 (includes hypromellose, lactose, polyethylene glycol and the colours iron oxide red CI 77491, iron oxide black CI 77499, iron oxide yellow CI 77492, titanium dioxide CI 77891).

The tablets are gluten free.

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## **If you want to know more**

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Should you have any questions regarding this product, please contact your doctor or pharmacist.

### ***Who supplies this medicine***

Distributed in New Zealand by:

Mylan New Zealand Ltd,  
P O Box 11183,  
Ellerslie,  
Auckland.

Telephone: (09) 579 2792

***Date of information***

2 February 2009