

# Atacand®

## Candesartan cilexetil 4 mg, 8 mg 16 mg and 32 mg tablets

### CONSUMER MEDICINE INFORMATION

#### What is in this leaflet

This leaflet answers some of the common questions people ask about **Atacand**. It does not contain all the information that is known about **Atacand**.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor will have weighed the risks of you taking **Atacand** against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

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

#### What Atacand is used for

**Atacand** is a type of medicine called an angiotensin II receptor inhibitor (or antagonist).

**Atacand** is used for treating high blood pressure, also called hypertension.

**Atacand** is also used to treat heart failure - increase survival, reduce hospitalisation and improve symptoms. It is used in combination with other medicines to treat your condition.

#### **Hypertension:**

All people have blood pressure. This pressure helps to push blood all around your body. Your blood pressure changes during the day, depending on how busy you are or how you are feeling. You have hypertension (high blood pressure) when your blood pressure stays higher than is needed, even when you are calm and relaxed. Regular blood pressure checks are the only way of knowing that you have hypertension. There are usually no symptoms of hypertension and you may feel fine. If hypertension is not treated, serious health problems such as stroke or heart attack and heart or kidney failure may occur. **Atacand** lowers blood pressure by dilating (expanding) small blood vessels from the heart, letting the blood be pumped around the body more easily.

#### **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 working. 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. **Atacand** helps to treat heart failure and may improve your symptoms.

One of the ways **Atacand** helps treat heart failure is that it widens the blood vessels, so that the heart does not have to pump as hard to move the blood around the body. This also means that when you place extra demands on your heart, such as during exercise, the heart may cope better so you may not get short of breath as easily.

When used to treat heart failure, **Atacand** is almost always used with other medicines called diuretics or fluid tablets. These medicines help the kidney to get rid of excess fluid from the body.

Your doctor will have explained why you are being treated with **Atacand** and told you what dose to take.

**Ask your doctor if you have any questions about why this medicine has been prescribed for you.** Your doctor may prescribe this medicine for another reason.

**Atacand** is not addictive.

### **Before you use Atacand**

#### ***When you must not use it.***

Do not use **Atacand** if you have an allergy to

- any medicine containing candesartan cilexetil
- any ingredient listed at the end of this leaflet
- any medicine containing an angiotensin II receptor inhibitor (or antagonist)

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

**Do not use Atacand if you are pregnant.** It may cause serious harm or even death to your baby if you take it during pregnancy.

**Do not use Atacand** if you are taking blood pressure medication containing aliskiren and you have diabetes mellitus or kidney problems.

**Do not breast-feed if you are taking Atacand.**

**Do not give Atacand to children.** There is no information about its use in children, so **Atacand** is not recommended for children.

Do not use **Atacand** after the use by (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.

If you are not sure whether you should take this medicine, talk to your doctor.

#### ***Before you start to use it***

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

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

- kidney problems
- liver problems
- heart problems.

You may have to take a lower dose of **Atacand** if you have these conditions.

#### ***Taking other medicines***

Tell your doctor if you are taking any other medicines, including any that you buy at the chemist, supermarket or health food shop.

Some medicines and **Atacand** may interfere with each other. These include:

- lithium
- potassium-sparing diuretics, potassium supplements or salt substitutes
- medicines which help lower your blood pressure, particularly diuretics
- non-steroidal anti-inflammatory drugs (NSAIDs)

These medicines may be affected by **Atacand** or may affect the way **Atacand** works. You may need different amounts of your medicines, or may need to take different medicines. It may be necessary to

have regular blood tests done if you take any of these medicines. Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

### How to take Atacand

#### ***Taking your medicine.***

It is important to keep taking **Atacand** every day and as your doctor has told you to. The instructions on the label should remind you of what the doctor has said.

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

**The usual adult dose is either one 8 mg tablet or one 16 mg tablet each day.** Sometimes an increase in dose to 32 mg once daily is needed.

It is best to take your tablet at the same time each day, e.g. in the morning, but it does not matter whether you take it with or without food. If you have severe kidney or severe liver problems, your doctor may prescribe a smaller dose. **Atacand** is not normally recommended for children.

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

**Continue taking this medicine for as long as your doctor tells you.** This medicine controls your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

#### ***If you forget to take it:***

**If you forget to take a dose, take it as soon as you remember, as long as it is at least 12 hours before your next dose is due. Then go back to taking it as you would normally.**

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. **Do NOT double the dose. If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.**

#### ***If you take too much (Overdose)***

If you take more than the recommended number of tablets, contact a doctor or pharmacist (chemist) as soon as possible. Telephone your doctor or the National Poisons and Hazardous Chemicals Information Centre on 0800 POISON (0800 764 766) or go to Accident and Emergency at your nearest hospital immediately if you think that you or anyone else may have taken too much **Atacand**, even if there are no signs of discomfort or poisoning.

### While you are using Atacand

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

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking **Atacand**. Tell all doctors, dentists and pharmacists who are treating you that you are taking **Atacand**. If you are going to have an operation tell your doctor or dentist that you are taking **Atacand**. **Atacand**, combined with some anaesthetics, may cause an excessive drop in blood pressure.

Tell your doctor straight away if you become pregnant while you are taking **Atacand**.

#### ***Things you must not do:***

Do not stop taking **Atacand** unless you have discussed it with your doctor.

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

The treatment of high blood pressure may lead to dizziness or weariness in some patients. Make sure you are not affected in this way before driving or operating machines.

If you are taking **Atacand** for high blood pressure, drink plenty of water during exercise and hot weather, especially if you sweat a lot. If you do not drink enough water while taking **Atacand**, you may faint or feel light-headed or sick. This is because your body doesn't have enough fluid and your blood pressure is low. If you continue to feel unwell, tell your doctor.

If you are taking **Atacand** for heart failure, restricted fluid intake is generally recommended. Speak with your doctor about how much water you should drink.

Please talk to your doctor or pharmacist about these possibilities if you think they may bother you.

### Side effects

Most people taking **Atacand** do not suffer any unwanted effects. Like all medicines, some people taking **Atacand** may occasionally experience unwanted effects which are usually mild and do not last for long. Effects that have been experienced include:

- headache
- cold or flu-like symptoms
- back pain
- dizziness
- feeling or being sick
- coughing
- feeling tired
- swelling of the feet

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

Unwanted effects reported very rarely are:

- swelling of the face, lips, tongue and/or throat,
- harsh sounds when breathing
- unusual skin reactions (rash, hives, itching)
- jaundice (yellow skin and/or eyes)
- increased liver tests results.

If you suffer from any of these effects, or if you get any other unusual or unexpected symptoms, talk to your doctor or pharmacist (chemist). If you develop swelling of the face, lips, tongue and/or throat, contact your doctor immediately. You may have had a serious (allergic) reaction to **Atacand**.

**Important:** This leaflet alerts you to some of the situations when you should call your doctor. Other situations, which cannot be predicted, may arise. Nothing in this leaflet should stop you from calling your doctor or pharmacist with any questions or concerns you have about using **Atacand**.

Tell your doctor if you notice anything else is making you feel unwell or bothering you.

### After using Atacand

#### **Storage**

Keep your tablets in the blister pack until it is time to take them. If you take **Atacand** out of the blister pack it will not keep well. Keep the tablets in a cool dry place where the temperature stays below 30°C. Do not store it or any other medicine in the bathroom or near a sink. Heat and dampness can destroy some medicines. 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. Do not leave it in the car on hot days.

#### **Disposal**

Return any unused medicine to your pharmacist (chemist).

**Product description*****What Atacand looks like***

**Atacand** tablets come in four strengths, containing either 4 mg, 8 mg, 16 mg or 32 mg of candesartan cilexetil.

- 4 mg tablets are white, round tablets with a score and marked A/CF on one side and 004 on the other.
- 8 mg tablets are light pink, round tablets with a score and marked A/CG on one side and 008 on the other.
- 16 mg tablets are pink, round tablets with a score and marked A/CH on one side and 016 on the other.
- 32 mg tablets are pink, round tablets with a score and marked A/CL on one side and 032 on the other.

Each tablet contains the active ingredient candesartan cilexetil. Each tablet also contains

- calcium carboxymethylcellulose
- hydroxypropyl cellulose
- lactose
- magnesium stearate
- maize starch
- polyethylene glycol
- iron oxide E 172 (only in the 8 mg, 16 mg and 32 mg tablets).

**Atacand** 4 mg, **Atacand** 8 mg, **Atacand** 16 mg and **Atacand** 32 mg come in blister packs containing 30 tablets.

**Marketed by:**

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