

**PATIENT INFORMATION LEAFLET  
TESAR RANGE**

**SCHEDULING STATUS**

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**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:****TESAR 20 mg\*** uncoated tablets**TESAR 40 mg** uncoated tablets**TESAR 80 mg** uncoated tablets**Read all of this leaflet carefully before you start taking TESAR.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, please ask your doctor or your pharmacist.
- **TESAR** has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

**1. WHAT TESAR CONTAINS:****Active ingredient:**

Each tablet contains 20 mg\*, 40 mg or 80 mg telmisartan respectively.

**Inactive ingredients:** crospovidone, magnesium stearate, mannitol, meglumine, povidone, sodium hydroxide.

**2. WHAT TESAR IS USED FOR:**

Treatment of mild to moderate high blood pressure.

**3. BEFORE YOU USE TESAR:****Do not take TESAR:**

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- If you are allergic (hypersensitive) to any of the ingredients of **TESAR** (see **“WHAT TESAR CONTAINS”**).
- If you have any heart or blood circulation conditions.
- If you have an abnormally functioning kidney or narrowing of any kidney arteries
- If you have narrowing of the aorta (biggest artery in the body)
- If you are being treated with any medication which increases urination or fluid loss.
- If you have condition called porphyria.
- If you are undergoing lithium therapy: Simultaneous administration with **TESAR** may lead to toxic blood concentrations of lithium.
- If you are pregnant or breastfeeding.

**Take special care with TESAR:**

- If you have low blood pressure.
- If you have kidney problems, heart failure, are on kidney replacement therapy, on potassium supplements, potassium sparing medication, and other medications that increase potassium levels.
- If you have a condition called aldosteronism which is characterised by the overproduction of the hormone aldosterone by the adrenal glands
- If you are sodium depleted (this may result from dietary salt restriction, diarrhoea, vomiting or if you are on medication that increases urination)
- If you have narrowing of renal arteries or the main artery.
- If you are being treated with any medication increasing fluid loss, as a decrease in blood pressure may occur.
- If you have any liver problems or conditions.
- If you have an intolerance to fructose.

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- Dehydration may occur due to side effects such as excess sweating, diarrhoea and vomiting.

### **Pregnancy and breastfeeding:**

Safety in pregnancy and while breastfeeding has not been established. Use of medicines affecting the renin-angiotensin system, such as **TESAR**, during second and third trimesters of pregnancy may cause injury or even death to the foetus.

**DO NOT** take **TESAR** if you are pregnant, planning to become pregnant or breastfeeding.

If you become pregnant while taking **TESAR**, the treatment should be stopped immediately and switched to a different class of antihypertensives by your doctor.

Woman of childbearing age should use effective contraception.

### **Driving and using machines:**

**TESAR** can cause low blood pressure and dizziness, and caution should be taken while driving or using heavy machinery.

### **Using other medicines with TESAR:**

Consult with your doctor or pharmacist or healthcare professional, if you need to take any other medicines, for advice. If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of **TESAR** with these medicines may cause undesirable interactions.

**TESAR** can cause an excessive low blood pressure effect when used with other blood pressure medication.

Medicines such as digoxin (heart medicine), warfarin (medicine used to prevent blood clots), hydrochlorothiazide (medicine used to increase urination and reduce blood pressure), glibenclamide (medicine used to treat high blood sugar / diabetes), paracetamol (pain killer),

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ibuprofen (medicine used to treat pain and inflammation), simvastatin (medicine used to treat high cholesterol levels in the blood) and amlodipine (medicine used to treat high blood pressure) have been known to interact with **TESAR**.

**TESAR** causes the increase of lithium absorption in the body when used in lithium therapy.

#### 4. HOW TO TAKE TESAR:

The recommended dosage for an adult is 40 mg once day.

A dosage of 20 mg may already be beneficial for some patients.

The maximum dosage of **TESAR** is 80 mg once daily.

The best blood pressure lowering result is achieved four to eight weeks after the start of treatment with **TESAR**.

#### Children and adolescents up to the age of 18:

Safety and efficacy has not been established in children and adolescents, and it is therefore not recommended that anyone younger than 18 years of age use **TESAR**.

#### **If you take more TESAR than you should:**

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

#### **If you forget to take your TESAR:**

Take one tablet as soon as you remember. If it is almost time for your next usual dose, skip the missed dose and continue taking **TESAR** at your regular time.

**DO NOT** take a double dose of **TESAR**.

#### 5. POSSIBLE SIDE EFFECTS:

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**TESAR** can have side effects.

**Not all side effects reported for TESAR are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking TESAR, please consult your doctor, pharmacist or other health care professional for advice.**

If any of the following happens, stop taking **TESAR** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- Skin rash
- Hives
- Itchiness
- Skin blistering
- Redness of the skin (signs of infection/inflammation)
- Heart failure

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **TESAR**. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- Abnormal heart rhythm
- Chest pain
- Trouble breathing
- Breathlessness, respiratory tract infection
- Water retention, sweating

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

Tell your doctor if you notice any of the following:

- Light headedness
- Headache, dizziness, nervousness
- Stomach cramps, nausea, vomiting, diarrhoea, flatulence
- Muscle pain or cramps, tendon pain
- Depression
- Difficulty sleeping
- Change in vision
- Pounding in the ears
- Trouble digesting food (discomfort after meals)
- Flu like symptoms
- Urinary tract infection
- Sinusitis, coughing, dry mouth
- Weakness and fatigue
- Low blood pressure

If you notice any side effect not mentioned in this leaflet, please inform your doctor or pharmacist.

**6. STORAGE AND DISPOSAL OF TESAR:**

Store at or below 25 °C in a dry place

Do not pop a tablet out of the blister pack until you need to take it

Keep the blisters in the outer carton until required for use

**KEEP OUT OF REACH OF CHILDREN.**

\*Not all dosage strengths are available.