

Package leaflet: Information for the patient

Amlocard 5 mg tablets Amlocard 10 mg tablets amlodipine

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

1. What Amlocard is and what it is used for

Amlocard belongs to a group of medicines called calcium antagonists.

Amlocard is used to treat:

- high blood pressure (hypertension)
- a certain type of chest pain called angina, a rare form of which is Prinzmetal's or variant angina.

In patients with high blood pressure your medicine works by relaxing blood vessels, so that blood passes through them more easily.

In patients with angina Amlocard works by improving blood supply to the heart muscle which then receives more oxygen and as a result chest pain is prevented. Amlocard does not provide immediate relief of chest pain from angina.

2. What you need to know before you take Amlocard

Do not take Amlocard

- if you are allergic to amlodipine, to any other calcium antagonists, or any of the other ingredients of this medicine (listed in section 6). This may be itching, reddening of the skin or difficulty in breathing.
- if you have severe low blood pressure (hypotension)
- if you have narrowing of the aortic heart valve (aortic stenosis) or cardiogenic shock (a condition where your heart is unable to supply enough blood to the body).
- if you suffer from heart failure after a heart attack

Warnings and precautions

Talk to your doctor or pharmacist if you have or have had any of the following conditions:

- recent heart attack
- heart failure
- severe increase in blood pressure (Hypertensive crisis)
- liver disease
- you are elderly and your dose needs to be increased

Children and adolescents

Amlocard has not been studied in children under the age of 6 years. Amlocard should only be used for hypertension in children and adolescents from 6 years to 17 years of age (see section 3).

For more information, talk to your doctor.

Other medicines and Amlocard

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Amlocard may affect or be affected by other medicines, such as:

- ketoconazole, itraconazole (antifungal medicines)
- ritonavir, indinavir, nelfinavir (so called protease inhibitors used to treat HIV)
- rifampicin, erythromycin, clarithromycin (antibiotics)
- hypericum perforatum (St. John's Wort)
- verapamil, diltiazem (heart medicines)
- dantrolene (infusion for severe body temperature abnormalities)
- simvastatin (used to lower elevated cholesterol levels in blood)
- tacrolimus, ciclosporin (used to control your body's immune response, enabling your body to accept the transplanted organ)

Amlocard may lower your blood pressure even more if you are already taking other medicines to treat your high blood pressure.

Amlocard with food and drink

Grapefruit juice and grapefruit should not be consumed by people who are taking Amlocard. This is because grapefruit and grapefruit juice can lead to an increase in the blood levels of the active substance amlodipine, which can cause an unpredictable increase in the blood pressure lowering effect of Amlocard.

Pregnancy and breast-feeding

Pregnancy

The safety of Amlocard in human pregnancy has not been established. If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Breast-feeding

Amlodipine has been shown to pass into breast milk in small amounts. If you are breast-feeding or about to start breast-feeding you must tell your doctor before taking Amlocard.

Driving and using machines

Amlocard may affect your ability to drive or use machines. If the tablets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

Amlocard contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Amlocard

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

The usual initial dose is Amlocard 5 mg once daily. The dose can be increased to Amlocard 10 mg once daily.

Your medicine can be used before or after food and drinks. You should take your medicine at the same time each day with a drink of water. Do not take Amlocard with grapefruit juice.

Use in children and adolescents

For children and adolescents (6-17 years old), the recommended usual starting dose is 2.5 mg a day. The maximum recommended dose is 5 mg a day.

It is important to keep taking the tablets. Do not wait until your tablets are finished before seeing your doctor.

The tablet can be divided into equal doses.

If you take more Amlocard than you should

Taking too many tablets may cause your blood pressure to become low or even dangerously low. You may feel dizzy, lightheaded, faint or weak. If blood pressure drop is severe enough shock can occur. Your skin could feel cool and clammy and you could lose consciousness. Seek immediate medical attention if you take too many Amlocard tablets.

If you forget to take Amlocard

Do not worry. If you forget to take a tablet, leave out that dose completely. Take your next dose at the right time. Do not take a double dose to make up for a forgotten dose.

If you stop taking Amlocard

Your doctor will advise you how long to take Amlocard. Your condition may return if you stop using your medicine before you are advised.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

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

Visit your doctor **immediately** if you experience any of the following side effects after taking this medicine.

- Sudden wheeziness, chest pain, shortness of breath or difficulty in breathing
- Swelling of eyelids, face or lips
- Swelling of the tongue and throat which causes great difficulty breathing
- Severe skin reactions including intense skin rash, hives, reddening of the skin over your whole body, severe itching, blistering, peeling and swelling of the skin, inflammation of mucous membranes (Stevens Johnson Syndrome, toxic epidermal necrolysis) or other allergic reactions
- Heart attack, abnormal heart beat
- Inflamed pancreas which may cause severe abdominal and back pain accompanied with feeling very unwell

The following **very common side effect** has been reported. If this causes you problems or if it **lasts for more than one week**, you should **contact your doctor**.

Very common: may affect more than 1 in 10 people

- Oedema (fluid retention)

The following **common side effects** have been reported. If any of these cause you problems or if they **last for more than one week**, you should contact your doctor.

Common: may affect up to 1 in 10 people

- Headache, dizziness, sleepiness (especially at the beginning of treatment)
- Palpitations (awareness of your heart beat), flushing
- Abdominal pain, feeling sick (nausea)
- Altered bowel habits, diarrhoea, constipation, indigestion
- Ankle swelling
- Tiredness, weakness

- Visual disturbances, double vision
- Muscle cramps

Other side effects that have been reported include the following list. If any of these get serious, or if you notice any side effects not listed in this leaflet, tell your doctor or pharmacist.

Uncommon: may affect up to 1 in 100 people

- Mood changes, anxiety, depression, sleeplessness
- Trembling, taste abnormalities, fainting
- Numbness or tingling sensation in your limbs; loss of pain sensation
- Ringing in the ears
- Low blood pressure
- Sneezing/running nose caused by inflammation of the lining of the nose (rhinitis)
- Cough
- Dry mouth, vomiting (being sick)
- Hair loss, increased sweating, itchy skin, red patches on skin, skin discolouration
- Disorder in passing urine, increased need to urinate at night, increased number of times of passing urine
- Inability to obtain an erection; discomfort or enlargement of the breasts in men
- Pain, feeling unwell
- Joint or muscle pain, back pain
- Weight increase or decrease

Rare: may affect up to 1 in 1,000 people

- Confusion

Very rare: may affect up to 1 in 10,000 people

- Decreased numbers of white blood cells, decrease in blood platelets, which may result in unusual bruising or easy bleeding
- Excess sugar in blood (hyperglycaemia)
- A disorder of the nerves which can cause muscular weakness, tingling or numbness
- Swelling of the gums
- Abdominal bloating (gastritis)
- Abnormal liver function, inflammation of the liver (hepatitis), yellowing of the skin (jaundice), liver enzyme increase which may have an effect on some medical tests
- Increased muscle tension
- Inflammation of blood vessels, often with skin rash
- Sensitivity to light

Not known: frequency cannot be estimated from the available data

- trembling, rigid posture, mask-like face, slow movements and a shuffling, unbalanced walk

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 www.ravimiamet.ee. By reporting side effect you can help provide more information on the safety of this medicine.

5. How to store Amlocard

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

Do not use this medicine after the expiry date which is stated on carton and blister or container after “EXP”. The expiry date refers to the last day of that month.

Blister: Store in the original package in order to protect from light. Do not store above 30 °C.

HDPE container: Store in the original package in order to protect from light.

Do not throw away any medicine 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 Amlocard contains

- The active substance is amlodipine.
- Each tablet contains 5 mg of amlodipine (as besylate).
- Each tablet contains 10 mg of amlodipine (as besylate).
- The other ingredients are microcrystalline cellulose, anhydrous calcium hydrogen phosphate, sodium starch glycolate (type A) and magnesium stearate.

What Amlocard looks like and contents of the pack

5 mg tablets

A white or almost white, oblong tablet with bevelled edges, score line on one side and marked with a "5" on the other side.

10 mg tablets

A white or almost white, oblong tablet with bevelled edges, score line on one side and marked with a "10" on the other side.

The tablets are packed in Alu/PVC blister or in Alu/OPA/Alu/PVC blister which are inserted in a carton or packed in a HDPE container with a screw cap (tamper evident).

Blister (Alu/PVC)/Blister (Alu/OPA/Alu/PVC): 10, 14, 20, 28, 30, 50, 50x1, 60, 100, 120 tablets

HDPE container: 20, 30, 50, 60, 90, 100, 105, 120, 200, 250 tablets

Not all pack sizes may be marketed.

Marketing Authorisation Holder

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For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

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