

## PATIENT INFORMATION LEAFLET

Telmisartan and Chlorthalidone Tablets  
(40/6.25, 40/12.5, 80/6.25, 80/12.5mg)

# TELSARTAN CT

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

### 1. What TELSARTAN CT is and what it is used for

TELSARTAN CT contains Telmisartan and Chlorthalidone as active substance. TELSARTAN CT is used to treat high blood pressure:

- When one of these medicines (or a similar one) is not enough to lower your high blood pressure
- As the first medicine to lower your high blood pressure if your doctor decides you are likely to need more than one medicine

### 2. What you need to know before you take TELSARTAN CT Do not take TELSARTAN CT

You should not take TELSARTAN CT:

- ❖ If you are allergic (hypersensitive) to the active ingredients (Telmisartan and Chlorthalidone)
- ❖ For patients with diabetes, if you are taking TELSARTAN CT you should not take Aliskiren.

### Warnings and Precautions

Before you take TELSARTAN CT, tell your doctor if:

- ❖ You are allergic (hypersensitive) to Telmisartan and Chlorthalidone.
- ❖ You have diabetes: do not take TELSARTAN CT Tablet with any medicine that contains aliskiren (a blood pressure medicine).
- ❖ You have kidney disease: you may need to avoid taking TELSARTAN CT Tablet. You are unable to urinate.
- ❖ You are allergic to sulfa drugs.

### Other medicines and TELSARTAN CT

Tell your doctor if you are taking:

- ❖ Other blood pressure medications;
- ❖ Lithium;
- ❖ Digoxin, Digitalis;
- ❖ Insulin or oral diabetes medicine;
- ❖ Steroids
- ❖ Other diuretics
- ❖ NSAIDs

### Children and adolescents

The use of TELSARTAN CT in children and adolescents up to the age of 18 years is not recommended.

### Pregnancy and breast-feeding

- ❖ Do not use TELSARTAN CT, if you are pregnant. Stop using the medicine, and tell your doctor right away if you become pregnant.
- ❖ TELSARTAN CT can cause injury or death to the unborn baby if you take the medicine during your second or third trimester.
- ❖ If you plan to get pregnant, ask your doctor for a safer medicine to use before and during pregnancy.
- ❖ You should not breastfeed while using TELSARTAN CT.

### Driving and using machines

- ❖ TELSARTAN CT may cause drowsiness and dizziness.
- ❖ If you experience any of these symptoms, you should not drive or operate machinery, or perform any tasks which may require you to be alert.

### 3. How to take TELSARTAN CT

Always use this medicine exactly as described in this leaflet or as your doctor has told you. Check with your doctor if you are not sure.

The recommended dose is one tablet to be taken orally once a day with or without food. The dose may be titrated, if necessary, as per the clinical response.

### If you take more TELSARTAN CT than you should

Overdose symptoms may include nausea, weakness, dizziness, drowsiness, extreme thirst, muscle pain, or rapid heartbeats. If you have taken more dose of this medicine, than you should, talk to your doctor or nearest hospital emergency department immediately. You may require medical attention. This is important even if you feel well.

### If you forget to take TELSARTAN CT

If you forget to take a dose, have it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose. This may increase the chance of you getting an unwanted side effect.

### **If you stop taking TELSARTAN CT**

Stopping your treatment with TELSARTAN CT may cause your condition to get worse. Do not stop taking your medicine unless your doctor tells you to.

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

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

### **4. Possible side effects**

TELSARTAN CT may cause side effects, including:

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

Common side effects may include: stuffy nose, sinus pain; back pain; diarrhea; low blood pressure (feeling light-headed); kidney problems; dizziness; an electrolyte imbalance (such as low levels of potassium, sodium, or magnesium in your blood).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects.

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. By reporting side effects, you can help provide more information on the safety of this medicine.

These are not all the possible side effects of TELSARTAN CT. Tell your doctor if you have any side effect that bothers you or that does not go away.

### **5. How to store TELSARTAN CT**

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

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

Store Below 30° C.

Store protected from light and moisture.

Do not use this medicine if you notice that the pack is damaged or shows signs of tampering.

Do not throw away any medicines via wastewater. 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 TELSARTAN CT contains**

The active substances are Telmisartan and Chlorthalidone.

#### **TELSARTAN CT 40/6.25**

Each uncoated bilayered tablet contains:

Telmisartan IP 40 mg  
Chlorthalidone USP 6.25 mg  
Colour: Sunset Yellow Lake

#### **TELSARTAN CT 40/12.5**

Each uncoated bilayered tablet contains:

Telmisartan IP 40 mg  
Chlorthalidone USP 12.5 mg  
Colour: Tartrazine Lake

#### **TELSARTAN CT 80/6.25**

Each uncoated bilayered tablet contains:

Telmisartan IP 80 mg  
Chlorthalidone USP 6.25 mg  
Colour: Sunset Yellow Lake

#### **TELSARTAN CT 80/12.5**

Each uncoated bilayered tablet contains:

Telmisartan IP 80 mg  
Chlorthalidone USP 12.5 mg  
Colour: Tartrazine Lake

#### **What TELSARTAN CT looks like and contents of the pack**

**TELSARTAN CT 40/6.25** tablets are White/Orange, Round, biconvex, uncoated bilayered tablets. Tablets are packed into Alu-Alu Blister. The pack size is 10 × 10 tablets in a printed paper carton along with packing insert.

**TELSARTAN CT 40/12.5** tablets are White/Yellow, Round, biconvex, uncoated bilayered tablets. Tablets are packed into Alu-Alu Blister. The pack size is 10 × 10 tablets in a printed paper carton along with packing insert.

**TELSARTAN CT 80/6.25** tablets are White/Orange, Oblong, biconvex, uncoated bilayered tablets. Tablets are packed into Alu-Alu Blister. The pack size is 10 × 10 tablets in a printed paper carton along with packing insert.

**TELSARTAN CT 80/12.5** tablets are White/Yellow, Oblong, biconvex, uncoated bilayered tablets. Tablets are packed into Alu-Alu Blister. The pack size is 10 × 10 tablets in a printed paper carton along with packing insert.



Manufactured by :  
**Quest Pharmaceuticals Pvt. Ltd.**  
Chhata Pipara, Bara, Nepal

*For further information*  
**Quest Pharmaceuticals Pvt. Ltd.**  
Tripureshwar, Kathmandu  
Tel. 01-4240304, Email : quest.ktm@quest.com.np,  
Website : www.quest.com.np