
Indopril

Perindopril (per-in-do-pril) erbumine

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about Indopril.

It does not contain all the available information about this medicine. Reading this leaflet 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 you taking Indopril against the expected benefits 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 Indopril is

The name of your medicine is Indopril.

The medicine contains the active ingredient perindopril erbumine.

Indopril belongs to a group of medicines called angiotensin converting enzyme (ACE) inhibitors.

What Indopril is used for

You may be prescribed Indopril for high blood pressure, heart failure or for stable coronary artery disease.

Indopril is available only with a doctor's prescription.

There is no evidence that Indopril is addictive.

Why Indopril is used for high blood pressure

Everyone has blood pressure. This pressure helps to circulate blood all around the body. Your blood pressure may be different at different times of the day, depending on how busy or stressed you are. You have high blood pressure (also known as hypertension) when your blood pressure stays higher than is needed, even when you are calm and relaxed.

If high blood pressure is not treated it can lead to serious health problems. You may feel fine and have no symptoms, but eventually it can cause stroke, heart disease and kidney failure.

Indopril helps to lower your blood pressure.

Why Indopril is used for heart failure

Heart failure means that the heart muscle is not pumping blood strongly enough to circulate blood around the body properly. Heart failure is not the same as a heart attack and does not mean that the heart has stopped working. Some people may develop heart failure after having a heart attack, but there are a number of other causes of heart failure.

Heart failure may start off with no symptoms, but as the condition progresses, you may feel short of breath or get tired easily after light physical activity such as walking. Fluid may accumulate in different parts of the body, often first noticed as swollen ankles and feet. You may also wake up short of breath at night. In severe heart failure, symptoms like breathlessness may occur even at rest.

Indopril helps to treat heart failure. If you follow your doctor's advice, your ability to perform daily activities may improve. You may breathe more easily, feel less tired and have less swelling.

Why Indopril is used for Coronary Artery Disease

You may also have been prescribed Indopril if you have coronary artery disease. Coronary artery disease is narrowing of the vessels carrying blood to the heart. In patients with coronary artery disease, Indopril has been shown to reduce some of the risks, including heart attacks.

Ask your doctor if you have any questions about why Indopril has been prescribed for you.

Before you take Indopril

There are some people who should not take Indopril.

Please read the lists below. If you think any of these situations apply to you, or you have any questions, please consult your doctor or pharmacist.

Do not take Indopril if:

- You are allergic to Indopril or any of the other ingredients of Indopril listed at the end of this leaflet.
- You are pregnant or trying to become pregnant.
- You are breastfeeding or plan to breast-feed.
- You undergo renal dialysis using polyacrylonitrile membranes.
- You have renal artery stenosis (a problem with the blood

vessels to one or both kidneys).

- You have experienced swelling of the face, tongue, lips or throat, either suddenly or in response to another medicine in the past (a rare allergic condition known as angio-oedema).
- You are intolerant or allergic to lactose. Apo- Indopril contains lactose.
- The packaging is torn or shows sign of tampering or the tablets do not look quite right.
- The expiry date (EXP) on the pack has passed.

Tell your doctor straight away if:

- You become pregnant while you are taking Indopril.
- You are undergoing desensitisation treatment or have had an allergic reaction during previous desensitization treatment (e.g. treatments using bee, wasp or ant venom).
- You are undergoing, or have had an allergic reaction during previous, low-density lipoprotein (LDL) apheresis, a technique where LDL is 'filtered' out of a patient's blood, using dextran sulphate.
- You are to undergo anaesthesia and/or surgery
- You have recently suffered from diarrhoea or vomiting.
- You are allergic to any other medicines or any foods, dyes or preservatives.
- You have any other health problems, including:
 - Kidney disease
 - Liver disease
 - High or low levels of potassium, sodium or other problems with salt balance.

If you think any of these situations apply to you, or you have any doubts or questions about taking Indopril consult your doctor or pharmacist.

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.

Taking Indopril may change the effect of some medicines, and some medicines may affect how well Indopril works. You may need different amounts of your medication or to take different medicines.

The medicines that may interact with Indopril include the following:

- Some antibiotic drugs.
- Some anti-inflammatory drugs.
- Lithium medications (used to treat mood swings and some types of depression).
- Potassium-sparing diuretics, sources of potassium, like potassium tablet and salt substitutes containing potassium.
- Some medications used to treat high blood pressure (including diuretics (sometimes called "fluid" or "water" tablets because they increase the amount of urine passed each day), a fast or irregular heartbeat, and other heart conditions).
- Medicines used to treat diabetes (tablets and insulin).

Your doctor or pharmacist has more information on medicines to be careful with or to avoid while taking Indopril.

Indopril is not recommended for use in children.

Elderly people can generally use Indopril safely. However, some older people have reduced kidney function- in which case the starting dose of Indopril should be 2 mg once daily. A less frequent dose may be used with serious kidney failure.

Follow all directions given to you by your doctor and pharmacist carefully. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

Your doctor will select a dose when they prescribe Indopril for you and may adjust this later.

The usual dose of Indopril:

- For high blood pressure is up to 8 mg once daily.
- For heart failure is up to 4 mg once daily.
- For coronary artery disease is up to 8 mg once daily.

Swallow your tablet(s) with a glass of water, preferably in the morning before breakfast.

How long to take Indopril for

Indopril can help to control your blood pressure or heart failure, but cannot cure these conditions. Indopril treatment is usually for life – so you should keep taking the tablets regularly unless advised otherwise by your doctor.

If you forget to take Indopril

If your next planned dose is less than 6 hours away, just leave out the dose that you missed. Take the next dose at the usual time and continue as normal.

If your next dose is more than 6 hours away, take the dose you have missed as soon as you realise. Then take the next dose at the usual time and continue as normal.

Do not try to make up for missed doses by taking more than one dose at a time.

How to take Indopril

If you take too much Indopril (overdose)

Taking too much may cause low blood pressure (also known as hypotension). This may require urgent medical attention.

If you think you or anyone else may have taken too much Indopril then act immediately. Telephone your doctor or the Poisons Information Centre (13 11 26 in Australia; 03 74 7000 in New Zealand), or go to the Accident and Emergency department at your nearest hospital. Do this even if there are no signs of discomfort or poisoning.

While you are taking Indopril

Things you must do

Take exactly as your doctor has prescribed. Otherwise you may not get the full benefits from treatment.

Tell all doctors, dentists and pharmacists involved with your treatment that you are taking Indopril.

Things you must not do

Do not give Indopril to anyone else, even if they have the same condition as you.

Do not use to treat other complaints unless your doctor tells you to.

Do not stop taking Indopril or change the dosage, without checking with your doctor.

Side effects

If you do not feel well while you are taking Indopril, tell your doctor or pharmacist as soon as possible.

All medicines can have side effects. Most of the time they are not serious but sometimes they can be.

Indopril helps most people with high blood pressure or heart failure, but it may sometimes have unwanted side effects.

These can include:

- A dry cough
- Headache, dizziness, vertigo, paraesthesia
- Tinnitus, vision disturbances
- Hypotension
- Feeling tired or as if you have less energy
- Feeling sick or having stomach pain
- Rash, pruritus.

These side effects are usually mild when they occur. Do not be alarmed by this list of possible side effects. You may not experience any of them.

However, if you do – or if you notice anything else that is making you feel unwell - you should consult your doctor or pharmacist. Other uncommon side effects have been reported and you may wish to discuss this issue with your doctor or pharmacist.

If any of the signs below occur then tell your doctor immediately or go to the Accident and Emergency department at your nearest hospital:

- Swelling of your lips, face, mouth, tongue or throat.
- Purple spots with occasional blisters on the front of your arms and legs and/or around your neck and ears (a rare condition known as Stevens-Johnson Syndrome).
- A fast and irregular heart beat.
- Severe blisters, skin rash, itching or other allergic reactions.

These side effects are extremely rare but can become serious.

After taking Indopril

Storage

Keep your Indopril tablets where children cannot reach them.

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 pack until it is time to take them. Indopril will not keep as well outside its blister packaging.

Heat and dampness can destroy some medicines. Keep them in a cool, dry place where the temperature stays below 25°C.

Do not store medicines in a bathroom or near a sink.

Do not leave them in a car or on a windowsill.

Disposal

If your doctor tells you to stop taking Indopril, or the tablets have passed their expiry date, return any leftover tablets to your pharmacist for disposal.

Where to go for further information

Pharmaceutical companies are not in a position to give people an individual diagnosis or medical advice. Your doctor or pharmacist is the best person to give you advice on the treatment of your condition.

Product Description

What it looks like

Indopril 2 mg tablets are white, round, biconvex tablets, engraved "APO" on one side and "PE2" on the reverse.

Indopril 4 mg tablets are white, capsule shaped, biconvex tablets, scored and engraved "PE" bisect

“4” on one side, and “APO” on the reverse.

Indopril 8 mg tablets are white, capsule shaped, biconvex tablets, scored and engraved “PE” bisect “8” on one side, and “APO” on the reverse.

Ingredients

Indopril contains 2 mg, 4 mg or 8 mg perindopril erbumine as the active ingredient in packs of 30 tablets.

It also contains:

- Lactose anhydrous
- Magnesium stearate

This medicine does not contain sucrose, gluten, tartrazine or any other azo dyes.

Australian Register Numbers

2 mg tablets: AUST R 121625

4 mg tablets: AUST R 121626

8 mg tablets: AUST R 121627

Distributor

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