

# Tryzan Tabs

contains the active ingredient ramipril

## CONSUMER MEDICINE INFORMATION

### What is in this leaflet

This leaflet answers some common questions about Tryzan Tabs.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have benefits and risks. Your doctor has weighed the risks of you taking Tryzan Tabs against the benefits expected for you.

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

**Keep this leaflet with your medicine.**

You may need to read it again.

### What Tryzan Tabs are used for

Tryzan Tabs are used to treat:

- \* high blood pressure (hypertension)
- \* some heart conditions such as heart failure after a heart attack
- \* kidney problems in some patients

Tryzan Tabs are also used to reduce the risk of cardiovascular problems and complications in patients aged 55 years or more with heart or blood vessel disease, or diabetes.

### How Tryzan Tabs works

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

It works by widening the blood vessels, which reduces the pressure in the vessels, making it easier for your heart to pump blood around your body. This helps increase the supply of oxygen to your heart, so that when you place extra demands on your heart, such as during exercise, your heart may cope better and you may not get short of breath as easily.

By increasing the supply of oxygen to your heart, your heart does not have to work as hard and it is under less stress, which may reduce the risk of further damage occurring to it following a heart attack.

Tryzan Tabs also improve blood flow through the small blood vessels found in the kidneys, which helps the kidneys to work more efficiently. This in turn can help to slow down the progression of kidney damage that might result from having diabetes or high blood pressure.

**Ask your doctor if you have any questions about why Tryzan Tabs have been prescribed for you.**

Your doctor may have prescribed Tryzan Tabs for another reason.

Tryzan Tabs are not addictive.

Tryzan Tabs are available only with a doctor's prescription.

**Tryzan Tabs are not recommended for use in children.**

Safety and effectiveness of Tryzan Tabs in children have not been clearly established.

### Before you take Tryzan Tabs

#### **When you must not take it**

**Do not take Tryzan Tabs if you have an allergy to:**

- \* any medicine containing ramipril
- \* any of the ingredients listed at the end of this leaflet.

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 take Tryzan Tabs if you have taken any other ACE inhibitor medicine before, which caused your face, lips, tongue, throat, hands or feet to swell up, or made it hard for you to breathe.**

If you have had an allergic reaction to an ACE inhibitor before, you could be allergic to Tryzan Tabs.

**Do not take Tryzan Tabs if you or your family have a history of swelling of the face, lips, tongue, throat, intestines, hands or feet, for no apparent reason.**

**Do not take Tryzan Tabs if you have or have had, any of the following medical conditions:**

- \* kidney problems or a condition called 'renal artery stenosis'
- \* problems or conditions affecting the flow of blood in and out of your heart (e.g. aortic or valvular stenosis)
- \* low blood pressure.

**Do not take Tryzan Tabs if you undergo dialysis using certain high-flux membranes.**

**Do not take Tryzan Tabs if you are pregnant or plan to become pregnant.**

Tryzan Tabs may affect your developing baby if you take it during pregnancy.

**Do not breastfeed if you are taking Tryzan Tabs.**

Tryzan Tabs may pass into breast milk and affect your baby.

**Do not take Tryzan Tabs after the 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 start taking Tryzan Tabs, talk to your doctor.**

***Before you start to take it***

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

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

- \* kidney problems, or are having dialysis (note that your doctor may give you Tryzan Tabs because of your kidney problems)
- \* liver problems
- \* heart problems (note that your doctor may give you Tryzan Tabs because of your heart problems)
- \* low blood pressure, which you may notice as dizziness or light-headedness
- \* low white blood cell counts
- \* diabetes (note that your doctor may give you Tryzan Tabs because of your diabetes)
- \* high levels of potassium in your blood
- \* Systemic Lupus Erythematosus (SLE), scleroderma or other autoimmune conditions.

**Tell your doctor if you have a family history of swelling of the face, lips, tongue, throat, intestines, hands or feet.**

**You must also tell your doctor if you:**

- \* are following a very low or very high salt diet
- \* are dehydrated, or have had a recent bout of vomiting or diarrhoea
- \* are about to have surgery or a general anaesthetic
- \* plan to become pregnant or breastfeed.

**If you have not told your doctor about any of the above, tell him/her before you start taking Tryzan Tabs.**

***Taking other medicines***

**Tell your doctor or pharmacist if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines and Tryzan Tabs may interfere with each other. These include:

- \* other medicines used to treat high blood pressure
- \* diuretics, also known as fluid or water tablets
- \* lithium, a medicine used to treat mood swings and some types of depression
- \* potassium supplements or potassium-containing salt substitutes
- \* non-steroidal anti-inflammatory medicines (NSAIDs), medicines used to relieve pain, swelling and other symptoms of inflammation
- \* insulin and tablets used to treat diabetes
- \* heparin
- \* general anaesthetics
- \* medicines which may affect the blood cells, such as allopurinol, procainamide, corticosteroids, immunosuppressants, or medicines used to treat cancer

- \* if you are taking Tryzan Tabs for high blood pressure, do not take any medicines (including the ones bought without a prescription) for appetite control, asthma, colds, coughs, hayfever or sinus problems unless you have discussed it with your doctor or pharmacist.

These medicines may be affected by Tryzan Tabs, or may affect how well it works. You may need to use different amounts of your medicine, or you may need to take different medicines.

Your doctor or pharmacist have more information on medicines to be careful with or avoid while taking Tryzan Tabs.

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## **How to take Tryzan Tabs**

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**Follow all directions given to you by your doctor and pharmacist carefully.**

They may differ from the information contained in this leaflet.

**If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.**

***How much to take***

Your doctor or pharmacist will tell you how many tablets or capsules you will need to take each day. This depends on your condition and whether or not you are taking any other medicines.

**Take Tryzan Tabs only when prescribed by your doctor.**

Your doctor will select a dose when they prescribe Tryzan Tabs for you. Some patients may need a lower starting dose. The usual dose of Tryzan Tabs is:

- \* for high blood pressure, 2.5 mg to 10 mg per day
- \* for heart failure, 5 mg to 10 mg per day.

- \* for kidney problems, 1.25 mg to 5 mg per day
- \* for cardiovascular risk, 2.5 mg to 10 mg per day.

Depending on your response, your doctor may adjust the dose.

If two tablets are prescribed, your doctor may want you to take them both together or at different times. This will depend on the condition being treated and how you respond to Tryzan Tabs.

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

**Swallow the tablets whole with a full glass of water.**

### ***When to take it***

**Take Tryzan Tabs at about the same time each day.**

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

It does not matter if you take Tryzan Tabs before or after food.

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

**Continue taking your medicine for as long as your doctor tells you.**

Tryzan Tabs helps control your condition, but does not cure it. Therefore you must take Tryzan Tabs every day.

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

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.**

**Do not take a double dose to make up for the dose you missed.**

This may increase the chance of you getting an unwanted side effect.

**If you are not sure what to do, ask your doctor or pharmacist.**

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

**Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, if you think you or anyone else may have taken too much Tryzan Tabs. Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

If you take too much Tryzan Tabs, you may feel light-headed, dizzy or you may faint. You may also experience slow heart beat.

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## **While you are taking Tryzan Tabs**

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

**If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Tryzan Tabs.**

**Tell any other doctors, dentists and pharmacists who treat you that you are taking Tryzan Tabs.**

**Make sure you drink enough water during exercise and hot weather when you are taking Tryzan Tabs, especially if you sweat a lot.**

If you do not drink enough water while taking Tryzan Tabs, you may feel faint, light-headed or sick. This is because your blood pressure is dropping suddenly. If you continue to feel unwell, tell your doctor.

**If you have excess vomiting or diarrhoea while taking Tryzan Tabs, tell your doctor.**

This may cause you to lose too much water and salt and your blood pressure may drop too much.

**If you feel light-headed or dizzy after taking your first dose of Tryzan Tabs or when your dose is increased, tell your doctor immediately.**

**If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking Tryzan Tabs.**

Your blood pressure may drop suddenly.

**If you become pregnant while taking Tryzan Tabs, tell your doctor immediately.**

**If you are about to have any blood tests, tell your doctor that you are taking Tryzan Tabs.**

It may interfere with the results of some tests.

**Have your blood pressure checked when your doctor says, to make sure Tryzan Tabs are working.**

**Go to your doctor regularly for a check-up.**

Your doctor may occasionally do a blood test to check your potassium levels and see how your kidneys are working.

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

**Do not stop taking Tryzan Tabs to treat any other complaints unless your doctor tells you to.**

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

**Do not stop taking Tryzan Tabs, or lower or increase the dosage without checking with your doctor.**

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

**If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.**

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

**Be careful driving or operating machinery until you know how Tryzan Tabs affects you.**

Tryzan Tabs may cause dizziness or lightheadedness, tiredness or drowsiness in some people. If you

have any of these symptoms, no not drive, operate machinery or do anything else that could be dangerous.

**Be careful when drinking alcohol while you are taking Tryzan Tabs.**

If you drink alcohol, dizziness or light-headedness may be worse.

**Things that would be helpful for your blood pressure or heart failure**

**Some self help measures suggested below may help your condition. Your doctor or pharmacist can give you more information about these measures.**

- \* Alcohol - your doctor may advise you to limit your alcohol intake.
- \* Diet - eat a healthy low-fat diet which includes plenty of fresh vegetables, fruit, bread, cereals and fish. Also eat less fat and sugar.
- \* Exercise - regular exercise helps to reduce blood pressure and helps get the heart fitter, but it is important not to overdo it. Walking is good exercise, but try to find a route that is reasonably flat. Before starting any exercise, ask your doctor about the best kind of programme for you.
- \* Salt - your doctor may advise you to watch the amount of salt in your diet. To reduce your salt intake you should avoid using salt in cooking or at the table.
- \* Smoking - your doctor may advise you to stop smoking or at least cut down.
- \* Weight - your doctor may suggest losing some weight to help lower your blood pressure and help lessen the amount of work your heart has to do. Some people may need a dietician's help to lose weight.

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## Side effects

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

Tryzan Tabs helps most people, but it may have unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

**Do not be alarmed by this list of possible side effects.**

You may not experience any of them.

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor if you notice any of the following and they worry you:**

- \* feeling light-headed, dizzy or faint
- \* dry cough
- \* headache
- \* feeling sick (nausea) or vomiting
- \* stomach pain
- \* diarrhoea
- \* unusual tiredness or weakness, fatigue
- \* ringing or buzzing in the ears
- \* forgetfulness or confusion.

The above list includes the more common side effects of Tryzan Tabs. They are usually mild.

**Tell your doctor as soon as possible if you notice any of the following:**

- \* disturbed vision
- \* symptoms of sunburn (such as redness, itching, swelling, blistering) which may occur more quickly than normal
- \* itchy or raised skin rash, hives or nettlerash
- \* signs of anaemia such as tiredness, being short of breath and looking pale
- \* yellowing of the skin and/or eyes
- \* fast or irregular heart beat

- \* shortness of breath or tightness in the chest
- \* numbness, tingling and colour change (white, blue then red) in the fingers or toes when exposed to the cold
- \* severe upper stomach pain, often with nausea and vomiting
- \* frequent infections such as fever, severe chills, sore throat or mouth ulcers
- \* passing little or no urine or more urine than is normal for you
- \* bleeding or bruising more easily than normal.

The above list includes serious side effects that may require medical attention. Serious side effects are rare.

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- \* fainting within a few hours of taking a dose
- \* severe dizziness and confusion with visual disturbances and speech problems
- \* swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- \* pink or red itchy spots on the skin which may blister and progress to form raised, red, pale-centred marks
- \* severe blisters and bleeding in the lips, eyes, mouth, nose and genitals
- \* chest pain.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

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## After taking Tryzan Tabs

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### Storage

**Keep your tablets in the pack until it is time to take them.**

If you take the tablets out of the pack they may not keep well.

**Keep your tablets in a cool dry place where the temperature stays below 25 degrees C.**

**Do not store Tryzan Tabs or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.**

Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### Disposal

**If your doctor tells you to stop taking Tryzan Tabs, or the expiry date has passed, ask your pharmacist what to do with any tablets that are left over.**

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## Product description

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### What it looks like

Tryzan Tabs come in four strengths of tablets:

- \* Tryzan Tabs 1.25 – white to off-white, capsule-shaped, un-coated, flat and unmarked
- \* Tryzan Tabs 2.5 – yellow, capsule-shaped, un-coated, flat, scored on one side and side walls, marked R2.
- \* Tryzan Tabs 5 – pink, capsule-shaped, un-coated, flat, scored on one side and side walls, marked R3.

- \* Tryzan Tabs 10 – white to off-white, capsule-shaped, un-coated, flat, scored on one side and side walls, marked R4.

Each pack contains 30 tablets.

### Ingredients

The active ingredient in Tryzan Tabs is ramipril

- \* each Tryzan Tabs 1.25 tablet contains 1.25 mg of ramipril
- \* each Tryzan Tabs 2.5 tablet contains 2.5 mg of ramipril
- \* each Tryzan Tabs 5 tablet contains 5 mg of ramipril
- \* each Tryzan Tabs 10 tablet contains 10 mg of ramipril

The tablets also contain the following inactive ingredients:

- \* sodium bicarbonate
- \* lactose
- \* starch - pregelatinised maize
- \* croscarmellose sodium
- \* sodium stearyl fumarate
- \* Pigment blend PB-22960  
Proprietary Ingredient (PI) No. 12073 (2.5 mg tablet)
- \* Pigment blend PB-24877  
PI No. 12074 (5 mg tablet)

Tryzan Tabs do not contain gluten.

### Supplier

Tryzan Tabs is supplied by:

**Alphapharm Pty Limited**

(ABN 002 359 739)

Chase Building 2

Wentworth Park Road

Glebe NSW 2037

Phone: (02) 9298 3999

[www.alphapharm.com.au](http://www.alphapharm.com.au)

Medical Information

Phone: 1800 028 365

Australian registration numbers:

Tryzan Tabs 1.25: AUST R 129873

Tryzan Tabs 2.5: AUST R 129916

Tryzan Tabs 5: AUST R 129918

Tryzan Tabs 10: AUST R 129921

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