

## **Package leaflet: Information for the user**

VASTAREL® 20 mg Film-coated Tablets  
Trimetazidine dihydrochloride

**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 Vastarel 20 mg is and what it is used for
2. What you need to know before you take Vastarel 20 mg
3. How to take Vastarel 20 mg
4. Possible side effects
5. How to store Vastarel 20 mg
6. Contents of the pack and other information

### **1. What Vastarel 20 mg is and what it is used for**

This medicine is intended for use in adult patient, in combination with other medicines to treat angina pectoris (chest pain caused by coronary disease).

It protects the heart cells from the effects of a reduced oxygen supply during an episode of angina.

### **2. What you need to know before you take Vastarel 20 mg**

#### **Do not take Vastarel 20 mg**

- if you are allergic to trimetazidine or any of the other ingredients of this medicine (listed in section 6),
- if you have a Parkinson disease: disease of the brain affecting movement (trembling, rigid posture, slow movements and a shuffling, unbalanced walk),
- if you have severe kidney problems.

#### **Warnings and precautions**

Talk to your doctor or pharmacist before taking Vastarel 20 mg.

This drug is not a cure for angina attacks and should not be used as a treatment for unstable angina or heart attack.

In the event of an angina attack, tell your doctor. Your treatment should be re-evaluated.

This medicine can cause or worsen symptoms such as trembling, rigid posture, slow movements and a shuffling, unbalanced walk, especially in elderly patients, which should be investigated and reported to your doctor who could reassess the treatment.

Athletes:

This medicine contains an active substance which may give a positive reaction in doping tests.

### **Children and adolescents**

Vastarel 20 mg is not recommended in children aged below 18 years.

### **Other medicines and Vastarel 20 mg**

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

### **Pregnancy and breast-feeding**

As a precautionary measure, it is preferable not to take Vastarel 20 mg during pregnancy.

In the absence of data on excretion in breast milk, breast-feeding is not indicated during treatment with Vastarel 20 mg.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

### **Driving and using machines**

This medicine may make you feel dizzy and drowsy that may affect your ability to drive or use machinery.

**Vastarel 20 mg contains ponceau 4R aluminium lake (E124) and sunset yellow FCF aluminium lake (E110) which may cause allergic reactions.**

### **3. How to take Vastarel 20 mg**

Always take Vastarel 20 mg exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

#### **Dosage**

Adults: The recommended dose of Vastarel 20mg is one tablet to be taken three times a day during meals.

Patients with kidney disease and elderly: If you have kidney problems or if you are older than 75 years old, your doctor may adjust the recommended dose.

For patients with severe kidney disease: not recommended.

#### Children:

Not recommended for children.

**If you take more Vastarel 20 mg than you should**

If you take too many tablets, please contact your doctor or the nearest hospital Emergency Department immediately.

**If you forget to take Vastarel 20 mg**

If you forget to take one or more doses, do not take a double dose to make up for a forgotten dose.

**If you stop taking Vastarel 20 mg**

You should discuss with your doctor before you stop taking your tablets. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

**4. Possible side effects**

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

*Common (may affect up to 1 in 10 people):*

Dizziness, headache, abdominal pain, diarrhoea, indigestion, feeling sick, vomiting, rash, itching, hives and feeling of weakness.

*Rare (may affect up to 1 in 1,000 people):*

Fast or irregular heartbeats (also called palpitations), extra heartbeats, faster heartbeat, fall in blood pressure on standing-up which causes dizziness, light headedness or fainting, malaise (generally feeling unwell), dizziness, fall, flushing.

*Not known (frequency cannot be estimated from the available data):*

Extrapyramidal symptoms (unusual movements, including trembling and shaking of the hands and fingers, twisting movements of the body, shuffling walk and stiffness of the arms and legs), usually reversible after treatment discontinuation.

Sleep disorders (difficulty in sleeping, drowsiness), spinning sensation (vertigo), constipation, serious generalised red skin rash with blistering, swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing.

Severe reduction in number of white blood cells which makes infections more likely, reduction in blood platelets, which increases risk of bleeding or bruising.

A liver disease (nausea, vomiting, loss of appetite, feeling generally unwell, fever, itching, yellowing of the skin and eyes, light coloured bowel motions, dark coloured urine).

**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. You can also report side effects directly via:

HPRA Pharmacovigilance.

Website: [www.hpra.ie](http://www.hpra.ie).

By reporting side effects you can help provide more information on the safety of this medicine.

**5. How to store Vastarel 20 mg**

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

Do not store above 30°C.

If your doctor decides to stop your treatment, return any tablets left over to the pharmacist. Only keep them if your doctor tells you to.

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

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment

## **6. Contents of the pack and other information**

### **What Vastarel 20 mg contains**

The active substance is trimetazidine dihydrochloride. Each tablet of Vastarel 20 mg contains 20 mg trimetazidine dihydrochloride.

The other ingredients are: mannitol, maize starch, talc, povidone, magnesium stearate, glycerol, hypromellose, macrogol 6000, ponceau 4R aluminium lake (E124), sunset yellow FCF aluminium lake (E110) and titanium dioxide.

### **What Vastarel 20 mg looks like and the contents of the pack**

Vastarel 20 mg are presented as red, film-coated tablets which are supplied in packs of 30, 60 and 90 tablets. Not all of these pack sizes may be marketed.

### **Marketing Authorisation Holder**

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### **Manufacturer**

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