

**Package leaflet: Information for the user**  
**Bisoprolol Fumarate 2.5mg Tablets**  
Bisoprolol fumarate

**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 Bisoprolol Fumarate Tablets are and what they are used for
2. What you need to know before you take Bisoprolol Fumarate Tablets
3. How to take Bisoprolol Fumarate Tablets
4. Possible side effects
5. How to store Bisoprolol Fumarate Tablets
6. Contents of the pack and other information

**1. What Bisoprolol Fumarate Tablets are and what they are used for**

The active substance in Bisoprolol Fumarate Tablets is bisoprolol. Bisoprolol belongs to a group of medicines called beta-blockers. These medicines work by affecting the body's response to some nerve impulses, especially in the heart. As a result, bisoprolol slows down the heart rate and makes the heart more efficient at pumping blood around the body.

Heart failure occurs when the heart muscle is weak and unable to pump enough blood to supply the body's needs. Bisoprolol Fumarate Tablets are used to treat stable chronic heart failure. They are used in combination with other medicines suitable for this condition (such as ACE-inhibitors, diuretics and heart glycosides).

**2. What you need to know before you take Bisoprolol Fumarate Tablets**

**Do not take Bisoprolol Fumarate Tablets**

Do not take Bisoprolol Fumarate Tablets if one of the following conditions applies to you:

- If you are allergic to bisoprolol fumarate or any of the other ingredients of this medicine (listed in section 6 )
- severe asthma
- severe blood circulation problems in your limbs (such as Raynaud's syndrome), which may cause your fingers and toes to tingle or turn pale or blue
- untreated phaeochromocytoma, which is a rare tumour of the adrenal gland
- metabolic acidosis, which is a condition when there is too much acid in the blood.

Do not take Bisoprolol Fumarate Tablets if you have one of the following heart problems:

- acute heart failure
- worsening heart failure requiring injection of medicines into a vein, that increase the force of contraction of the heart
- slow heart rate
- low blood pressure
- certain heart conditions causing a very slow heart rate or irregular heartbeat

- cardiogenic shock, which is an acute serious heart condition causing low blood pressure and circulatory failure

## **Warnings and precautions**

Talk to your doctor or pharmacist before taking Bisoprolol Fumarate Tablets. If you have any of the following conditions, he or she may want to take special care (for example give additional treatment or perform more frequent checks):

- diabetes (bisoprolol can hide the symptoms of low blood sugar)
- strict fasting
- certain heart diseases such as disturbances in heart rhythm, or severe chest pain at rest (Prinzmetal's angina)
- kidney or liver problems
- less severe blood circulation problems in your limbs
- chronic lung disease or less severe asthma
- history of a scaly skin rash (psoriasis)
- tumour of the adrenal gland (phaeochromocytoma)
- thyroid disorder (bisoprolol can hide symptoms of an overactive thyroid)

In addition, tell your doctor if you are going to have:

- desensitization therapy (for example for the prevention of hay fever), because Bisoprolol Fumarate Tablets may make it more likely that you experience an allergic reaction, or such reaction may be more severe
- anaesthesia (for example for surgery), because Bisoprolol Fumarate Tablets may influence how your body reacts to this situation.

If you have chronic lung disease or less severe asthma please inform your doctor immediately if you start to experience new difficulties in breathing, cough, wheezing after exercise, etc. when using this medicine.

## **Children and adolescents**

Bisoprolol Fumarate Tablets are not recommended for use in children or adolescents.

## **Other medicines and Bisoprolol Fumarate Tablets**

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

Do not take the following medicines with Bisoprolol Fumarate Tablets without special advice from your doctor:

- Certain medicines used to treat irregular or abnormal heartbeat (Class I antiarrhythmic medicines such as quinidine, disopyramide, lidocaine, phenytoin; flecainide, propafenone)
- Certain medicines used to treat high blood pressure, angina pectoris or irregular heartbeat (calcium antagonists such as verapamil and diltiazem)
- Certain medicines used to treat high blood pressure such as clonidine, methyldopa, moxonidine, rilmenidine. However, **do not stop taking these medicines** without checking with your doctor first.

Check with your doctor before taking the following medicines with Bisoprolol Fumarate Tablets; your doctor may need to check your condition more frequently:

- Certain medicines used to treat high blood pressure or angina pectoris (dihydropyridine-type calcium antagonists such as felodipine and amlodipine)
- Certain medicines used to treat irregular or abnormal heartbeat (Class III antiarrhythmic medicines such as amiodarone)
- Beta-blockers applied locally (such as timolol eye drops for glaucoma treatment)

- Certain medicines used to treat for example Alzheimer's disease or glaucoma (parasympathomimetics such as tacrine or carbachol) or medicines that are used to treat acute heart problems (sympathomimetics such as isoprenaline and dobutamine)
- Antidiabetic medicines including insulin
- Anaesthetic agents (for example during surgery)
- Digitalis, used to treat heart failure
- Non-steroidal anti-inflammatory medicines (NSAIDs) used to treat arthritis, pain or inflammation (for example ibuprofen or diclofenac)
- Any medicine, which can lower blood pressure as a desired or undesired effect such as antihypertensives, certain medicines for depression (tricyclic antidepressants such as imipramine or amitriptyline), certain medicines used to treat epilepsy or during anaesthesia (barbiturates such as phenobarbital), or certain medicines to treat mental illness characterized by a loss of contact with reality (phenothiazines such as levomepromazine)
- Mefloquine, used for prevention or treatment of malaria
- Depression treatment medicines called monoamine oxidase inhibitors (except MAO-B inhibitors) such as moclobemide.

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

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.

#### ***Pregnancy***

There is a risk that use of Bisoprolol Fumarate Tablets during pregnancy may harm the baby. If you are pregnant or planning to become pregnant, tell your doctor. He or she will decide whether you can take Bisoprolol Fumarate Tablets during pregnancy.

#### ***Breast-feeding***

It is not known whether bisoprolol passes into human breast milk. Therefore, breastfeeding is not recommended during therapy with Bisoprolol Fumarate Tablets.

### **Driving and using machines**

Your ability to drive or use machinery may be affected depending on how well you tolerate the medicine. Please be especially cautious at the start of treatment, when the dose is increased or the medication is changed, as well as in combination with alcohol.

**Bisoprolol Fumarate Tablets contain lactose.** If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

## **3. How to take Bisoprolol Fumarate Tablets**

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

Treatment with Bisoprolol Fumarate Tablets requires regular monitoring by your doctor. This is particularly necessary at the start of treatment, during dose increase and when you stop treatment.

Take the tablet with some water in the morning, with or without food. Do not crush or chew the tablet. The tablets can be divided into equal doses.

Treatment with Bisoprolol Fumarate Tablets is usually long-term.

### **Adults including the elderly**

Treatment with bisoprolol must be started at a low dose and increased gradually. Your doctor will decide how to increase the dose, and this will normally be done in the following way:

- 1.25mg bisoprolol once daily for one week
- 2.5mg bisoprolol once daily for one week

- 3.75mg bisoprolol once daily for one week
- 5mg bisoprolol once daily for four weeks
- 7.5mg bisoprolol once daily for four weeks
- 10mg bisoprolol once daily for maintenance (on-going) therapy.

The maximum recommended daily dose is 10 mg bisoprolol.

Depending on how well you tolerate the medicine, your doctor may also decide to lengthen the time between dose increases. If your condition gets worse or you no longer tolerate the drug, it may be necessary to reduce the dose again or to interrupt treatment. In some patients a maintenance dose lower than 10mg bisoprolol may be sufficient. Your doctor will tell you what to do.

If you have to stop treatment entirely, your doctor will usually advise you to reduce the dose gradually, as otherwise your condition may become worse.

#### **If you take more Bisoprolol Fumarate Tablets than you should**

If you have taken more Bisoprolol Fumarate Tablets than you should, tell your doctor immediately. Your doctor will decide what measures are necessary.

Symptoms of an overdose may include slowed heart rate, severe difficulty in breathing, feeling dizzy, or trembling (due to decreased blood sugar).

#### **If you forget to take Bisoprolol Fumarate Tablets**

Do not take a double dose to make up for a forgotten dose. Take your usual dose the next morning.

#### **If you stop taking Bisoprolol Fumarate Tablets**

Never stop taking Bisoprolol Fumarate Tablets unless on your doctor's advice. Otherwise your condition could become much worse.

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.

To prevent serious reactions, speak to a doctor immediately if a side effect is severe, occurred suddenly or gets worse rapidly.

The most serious side effects are related to the heart function:

- slowing of heart rate (may affect more than 1 in 10 people)
- worsening of heart failure (may affect up to 1 in 10 people)
- slow or irregular heartbeat (may affect up to 1 in 100 people)

If you feel dizzy or weak, or have breathing difficulties please contact your doctor as soon as possible.

Further side effects are listed below according to how frequently they may occur:

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

- tiredness, feeling weak, dizziness, headache
- feeling of coldness or numbness in hands or feet
- low blood pressure
- stomach or intestine problems such as nausea, vomiting, diarrhoea, or constipation.

#### **Uncommon (may affect up to 1 in 100 people):**

- sleep disturbances
- depression

- dizziness when standing up
- breathing problems in patients with asthma or chronic lung disease
- muscle weakness, muscle cramps.

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

- hearing problems
- allergic runny nose
- dry eyes from reduced tear flow (can be troublesome if you use contact lenses)
- inflammation of the liver which can cause yellowing of the skin or whites of the eyes
- certain blood test results for liver function or fat levels differing from normal
- allergy-like reactions such as itching, flush, rash. You should see your doctor straight away if you experience more severe allergic reactions, which may involve face, neck, tongue, mouth or throat swelling, or difficulty breathing.
- impaired erection
- nightmares, hallucinations
- fainting

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

- irritation and redness of the eye (conjunctivitis)
- hair loss
- appearance or worsening of scaly skin rash (psoriasis); psoriasis-like rash.

**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 Bisoprolol Fumarate Tablets**

Keep 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. The expiry date refers to the last day of that month.

Do not store Bisoprolol Fumarate Tablets above 30°C.

Do not use Bisoprolol Fumarate Tablets if you notice your tablets become discoloured or show any other signs of deterioration and return to your pharmacist for advice.

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

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

### **What Bisoprolol Fumarate Tablets contain**

- The active substance is bisoprolol fumarate.  
Each tablet contains 2.5mg of bisoprolol fumarate.
- The other ingredients are lactose monohydrate, cellulose microcrystalline [E460], magnesium stearate [E572] and crospovidone [E1202].

### **What Bisoprolol Fumarate Tablets look like and contents of the pack**

The tablets are white, oblong, uncoated, break-line on both top and bottom sides, “BI” and “2.5” debossed on either side of the break-line on the top.

The tablets are packed in blisters comprising of uPVC/PVdC/aluminium foil contained within a printed cardboard carton.

Each carton will contain either 10, 14, 20, 28, 30, 50, 56, 60, 90 or 100 tablets. Not all pack sizes may be marketed.

**Marketing Authorisation Holder and Manufacturer:**

**Marketing Authorisation Holder:**

Unichem Laboratories Ltd., Studio 8B, Ard Gaoithe Commercial Centre, Ard Gaoithe Business Park, Cashel Road, Clonmel, Co. Tipperary.

**Manufacturer:**

Niche Generics Limited, Unit 5, 151 Baldoyle Industrial Estate, Dublin 13, Ireland

**This leaflet was last revised in MM/YYYY.**