

PACKAGE LEAFLET: INFORMATION FOR THE USER

Diovan® 40mg film-coated Tablets (valsartan)

Your medicine is available using the above name but will be referred to as Diovan throughout this leaflet.

Read all of this leaflet carefully before you start taking this medicine.

- 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. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

- What Diovan is and what it is used for
- Before you take Diovan
- How to take Diovan
- Possible side effects
- How to store Diovan
- Contents of the pack and other information

1. What Diovan is and what it is used for

Diovan belongs to a class of medicines known as angiotensin II receptor antagonist, which help to control high blood pressure. Angiotensin II is a substance in the body that causes vessels to tighten, thus causing your blood pressure to increase. Diovan works by blocking the effect of angiotensin II. As a result, blood vessels relax and blood pressure is lowered.

Diovan can be used for three different conditions:

- to treat high blood pressure in children and adolescents 6 to 18 years of age.** High blood pressure increases the workload on the heart and arteries. If not treated it can damage the blood vessels of the brain, heart, and kidneys, and may result in a stroke, heart failure, or kidney failure. High blood pressure increases the risk of heart attacks. Lowering your blood pressure to normal reduces the risk of developing these disorders.
- to treat adult patients after a recent heart attack** (myocardial infarction). "Recent" here means between 12 hours and 10 days.
- to treat symptomatic heart failure in adult patients.** Diovan is used when a group of medicines called Angiotensin Converting Enzyme (ACE) inhibitors (a medication to treat heart failure) cannot be used or it may be used in addition to ACE inhibitors when beta blockers (another medication to treat heart failure) cannot be used. Heart failure symptoms include shortness of breath, and swelling of the feet and legs due to fluid build-up. It is caused when the heart muscle cannot pump blood strongly enough to supply all the blood needed throughout the body.

2. Before you take Diovan

Do not take Diovan:

- if you are **allergic** (hypersensitive) to valsartan or any of the other ingredients of Diovan listed at the end of this leaflet.
- if you have **severe liver disease**.
- if you are **more than 3 months pregnant** (it is also better to avoid Diovan in early pregnancy - see pregnancy section).
- if you have diabetes or impaired kidney function and you are treated with a blood pressure lowering medicine called aliskiren.

If any of these apply to you, do not take Diovan

Take special care with Diovan:

- if you have liver disease.
- if you have severe kidney disease or if you are undergoing dialysis.
- if you are suffering from a narrowing of the kidney artery.
- if you have recently undergone kidney transplantation (received a new kidney).
- if you are treated after a heart attack or for heart failure, your doctor may check your kidney function.
- if you have severe heart disease other than heart failure or heart attack.
- if you have ever experienced swelling of the tongue and face caused by an allergic reaction called angioedema when taking another drug (including ACE inhibitors), tell your doctor. If these symptoms occur when you are taking Diovan, stop taking Diovan immediately and never take it again. See also section 4, "Possible side effects".

- if you are taking medicines that increase the amount of potassium in your blood. These include potassium supplements or salt substitutes containing potassium, potassium-sparing medicines and heparin. It may be necessary to check the amount of potassium in your blood at regular intervals.
- if you are below 18 years of age and you take Diovan in combination with other medicines that inhibit the renin angiotensin aldosterone system (medicines that lower blood pressure), your doctor may check your kidney function and the amount of potassium in your blood at regular intervals.
- if you suffer from aldosteronism. This is a disease in which your adrenal glands make too much of the hormone aldosterone. If this applies to you, the use of Diovan is not recommended.
- if you have lost a lot of fluid (dehydration) caused by diarrhoea, vomiting, or high doses of water tablets (diuretics).
- you must tell your doctor if you think you are (or might become) pregnant. Diovan is not recommended in early pregnancy, and must not be taken if you are more than 3 months pregnant, as it may cause serious harm to your baby if used at that stage (see pregnancy section).
- if you are taking any of the following medicines used to treat high blood pressure:
 - "ACE inhibitors" such as enalapril, lisinopril, etc.
 - aliskiren

If any of these apply to you, tell your doctor before you take Diovan.

Taking other medicines

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

The effect of the treatment can be influenced if Diovan is taken together with certain other medicines. It may be necessary to change the dose, to take other precautions, or in some cases to stop taking one of the medicines. This applies to both prescription and non-prescription medicines, especially:

- other medicines that lower blood pressure, especially water tablets** (diuretics), ACE inhibitors (such as enalapril, lisinopril, etc.,) or aliskiren.
- medicines that increase the amount of potassium** in your blood. These include potassium supplements or salt substitutes containing potassium, potassium-sparing medicines and heparin.
- certain type of pain killers** called non-steroidal anti-inflammatory medicines (**NSAIDs**).
- some antibiotics (rifamycin group), a drug used to protect against transplant rejection (cyclosporin) or an antiretroviral drug used to treat HIV/AIDS infection (ritonavir). These drugs may increase the effect of Diovan.
- lithium**, a medicine used to treat some types of psychiatric illness.

In addition:

- if you are being **treated after a heart attack**, a combination with **ACE inhibitors** (a medication to treat heart attack) is not recommended.
- if you are being **treated for heart failure**, a triple combination with **ACE inhibitors and beta-blockers** (medications to treat heart failure) is not recommended.

Taking Diovan with food and drink

You can take Diovan with or without food.

Pregnancy and breast-feeding

Ask your doctor or pharmacist for advice before taking any medicine.

- You must tell your doctor if you think that you are (or might become) pregnant.** Your doctor will normally advise you to stop taking Diovan before you become pregnant or as soon as you know you are pregnant, and will advise you to take another medicine instead of Diovan. Diovan is not recommended in early pregnancy, and must not be taken when more than 3 months pregnant, as it may cause serious harm to your baby if it is used after the third month of pregnancy.
- Tell your doctor if you are breast-feeding or about to start breast-feeding.** Diovan is not recommended for mothers who are breast-feeding, and your doctor may choose another treatment for you if you wish to breast-feed, especially if your baby is newborn, or was born prematurely.

Driving and using machines

Before you drive a vehicle, use tools or operate machines, or carry out other activities that require concentration, make sure you know how Diovan affects you. Like many other medicines used to treat high blood pressure, Diovan may in rare cases cause dizziness and affect the ability to concentrate.

3. How to take Diovan

Always take Diovan exactly as your doctor has told you in order to get the best results and reduce the risk of side effects. You should check with your doctor or pharmacist if you are not sure. People with high blood pressure often do not notice any signs of this problem. Many may feel quite normal. This makes it all the more important for you to keep your appointments with the doctor even if you are feeling well.

Adult patients with high blood pressure:

The usual dose is 80 mg daily. In some cases your doctor may prescribe higher doses (e.g. 160 mg or 320 mg). He may also combine Diovan with an additional medicine (e.g. a diuretic).

Children and adolescents (6 to 18 years of age) with high blood pressure:

In patients who weigh less than 35 kg the usual dose is 40 mg of valsartan once daily.

In patients who weigh 35 kg or more the usual starting dose is 80 mg of valsartan once daily.

In some cases your doctor may prescribe higher doses (the dose can be increased to 160 mg and to a maximum of 320 mg).

Adult patients after a recent heart attack:

After a heart attack the treatment is generally started as early as after 12 hours, usually at a low dose of 20 mg twice daily. You obtain the 20 mg dose by dividing the 40 mg tablet. Your doctor will increase this dose gradually over several weeks to a maximum of 160 mg twice daily. The final dose depends on what you as an individual patient can tolerate.

Diovan can be given together with other treatment for heart attack, and your doctor will decide which treatment is suitable for you.

Adult patients with heart failure:

Treatment starts generally with 40 mg twice daily. Your doctor will increase the dose gradually over several weeks to a maximum of 160 mg twice daily. The final dose depends on what you as an individual patient can tolerate.

Diovan can be given together with other treatment for heart failure, and your doctor will decide which treatment is suitable for you.

You can take Diovan with or without food. Swallow Diovan with a glass of water.

Take Diovan at about the same time each day.

If you take more Diovan than you should

If you experience severe dizziness and/or fainting, contact your doctor immediately and lie down. If you have accidentally taken too many tablets, contact your doctor, pharmacist, or hospital.

If you forget to take Diovan

If you forget to take a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you missed.

Do not take a double dose to make up for a forgotten dose.

If you stop taking Diovan

Stopping your treatment with Diovan may cause your disease to get worse. Do not stop taking your medicine unless your doctor tells you to.

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

4. POSSIBLE SIDE EFFECTS

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

These side effects may occur with certain frequencies, which are defined as follows:

- very common: affects more than 1 user in 10
- common: affects 1 to 10 users in 100
- uncommon: affects 1 to 10 users in 1,000
- rare: affects 1 to 10 users in 10,000
- very rare: affects less than 1 user in 10,000
- not known: frequency cannot be estimated from the available data.

Some symptoms need immediate medical attention:

You may experience symptoms of angioedema (a specific allergic reaction), such as

- swollen face, lips, tongue or throat
- difficulty in breathing or swallowing
- hives, itching

If you get any of these symptoms, stop taking Diovan and contact your doctor straight away (see also section 2 "Take special care with Diovan").

Side effects include:**Common**

- dizziness
- low blood pressure with or without symptoms such as dizziness and fainting when standing up
- decreased kidney function (signs of renal impairment)

Uncommon

- angioedema (see section "Some symptoms need immediate medical attention")
- sudden loss of consciousness (syncope)
- spinning sensation (vertigo)
- severely decreased kidney function (signs of acute renal failure)
- muscle spasms, abnormal heart rhythm (signs of hyperkalaemia)
- breathlessness, difficulty breathing when lying down, swelling of the feet or legs (signs of cardiac failure)
- headache
- cough
- abdominal pain
- nausea
- diarrhoea
- tiredness
- weakness

Not known

- blistering skin (sign of dermatitis bullous)
- allergic reactions with rash, itching and hives; symptoms of fever, swollen joints and joint pain, muscle pain, swollen lymph nodes and/or flu-like symptoms may occur (signs of serum sickness)
- purplish-red spots, fever, itching (signs of inflammation of blood vessels also called vasculitis)
- unusual bleeding or bruising (signs of thrombocytopenia)
- muscle pain (myalgia)
- fever, sore throat or mouth ulcers due to infections (symptoms of low level of white blood cells also called neutropenia)
- decrease of level of haemoglobin and decrease of the percentage of red blood cells in the blood (which can lead to anaemia in severe cases)
- increase of level of potassium in the blood (which can trigger muscle spasms and abnormal heart rhythm in severe cases)
- elevation of liver function values (which can indicate liver damage) including an increase of bilirubin in the blood (which can trigger yellow skin and eyes in severe cases)
- increase of level of blood urea nitrogen and increase of level of serum creatinine (which can indicate abnormal kidney function)
- low level of sodium in the blood (which can trigger tiredness, confusion, muscle twitching and/or convulsions in severe cases)

The frequency of some side effects may vary depending on your condition. For example, side effects such as dizziness, and decreased kidney function, were seen less frequently in adult patients treated with high blood pressure than in adult patients treated for heart failure or after a recent heart attack.

Side effects in children and adolescents are similar to those seen in adults.

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, Earlsfort Terrace, IRL - Dublin 2
Tel: +353 1 6764971 Fax: +353 1 6762517
Website: www.hpra.ie E-mail: medsafety@hpra.ie

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

5. How to store Diovan

- Do not store above 30°C. Store in the original package in order to protect from moisture.
- Keep out of the sight and reach of children.
- Do not use Diovan after the expiry date which is stated on the pack. The expiry date refers to the last day of that month.
- If your medicine appears to be discoloured, damaged or shows any signs of deterioration, please return it to your pharmacist who will advise you further.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Contents of the pack and other information**What Diovan contains**

- The active substance is valsartan.
- Each film-coated tablet contains 40 mg of valsartan.
- The other ingredients are:
tablet core: microcrystalline cellulose, crospovidone type A, colloidal anhydrous silica, magnesium stearate.
film coat: hypromellose, titanium dioxide (E171), macrogol 8000, iron oxide red (E172), iron oxide yellow (E172), and iron oxide black (E172).

What Diovan looks like and contents of the pack

Diovan are yellow, ovaloid film-coated tablets with beveled edges, slightly convex, scored on one side with, debossing 'D' on one of the score and 'O' on the other side of the score and 'NVR' on the reverse side of the tablet.

The tablet can be divided into equal halves.

Diovan is supplied in blister packs of 28 tablets.

Diovan is marketed in the UK as Valsartan. The blister strip may state both names.

Manufacturer

Manufactured by: Sandoz Ltd.,
Frimley Business Park, Frimley, Camberley, Surrey,
GU16 7SR, UK.

Procured from within the EU by the PPA holder:
Imbat Ltd., Unit L2, North Ring Business Park, Santry, Dublin 9.

Repackaged by: Doncaster Pharmaceuticals Group Ltd.,
Kirk Sandall, Doncaster, DN3 1QR, UK.

Distributed by: Eurodrug Ltd., Santry, Dublin 9.

PPA No: 1151/67/3

POM

This medicinal product is authorised in the Member States of the EEA under the following names:

Austria, Bulgaria, Cyprus, Czech Republic, Denmark, Estonia, Finland, Germany, Greece, Hungary, Iceland, Ireland, Latvia, Lithuania, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovak Republic, Slovenia, Spain, Sweden, United Kingdom	Diovan
Belgium, Luxembourg	Diovane
France, Italy	Tareg
Spain	Diovan Cardio

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